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EAT TO BEAT

INFLAMMATION™

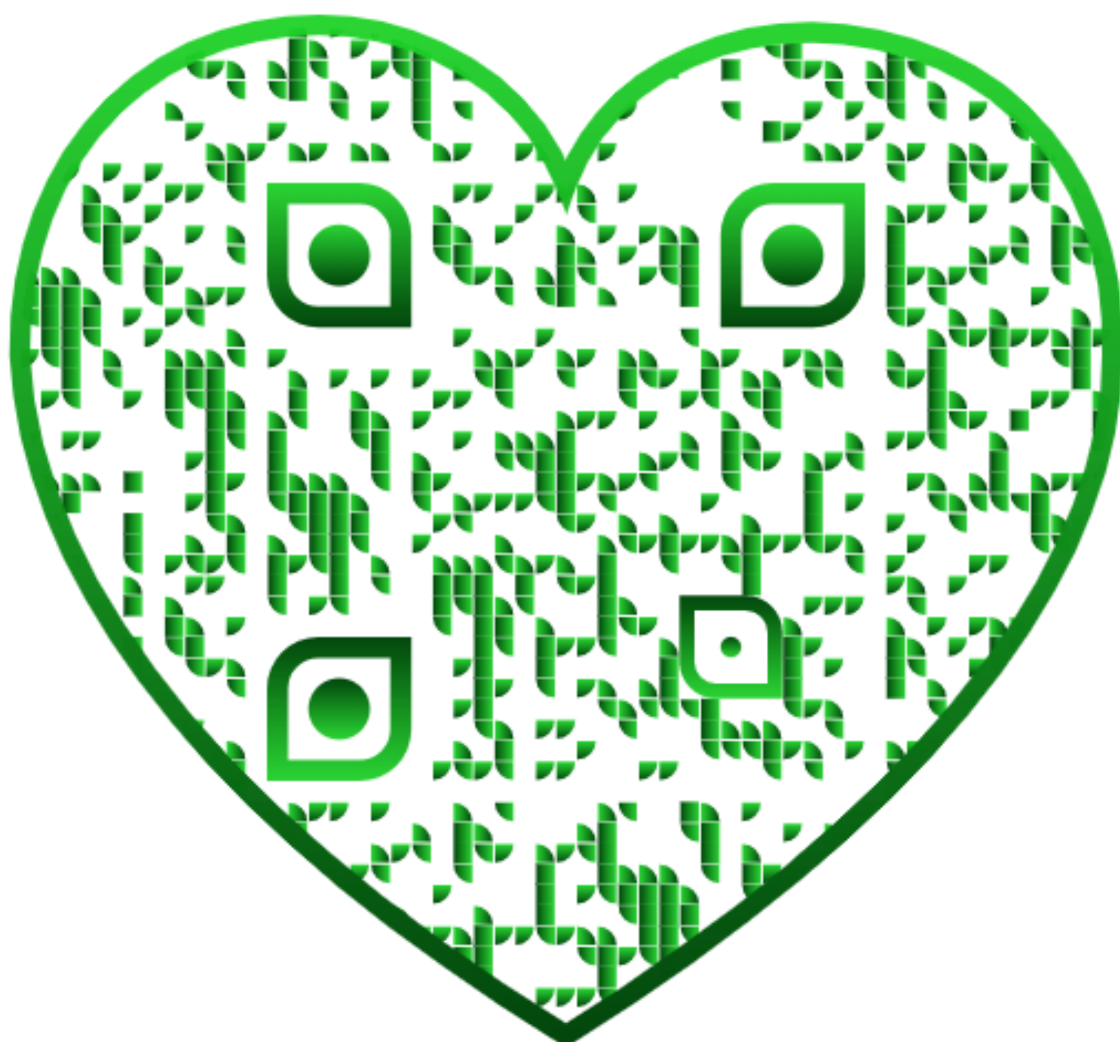
109
Restorative
RECIPES

EAT BETTER, FEEL BETTER!

TOP 10
INFLAMMATION-
FIGHTING
FOODS

HEALING
POWER OF
SPICES

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1716 LOCUST ST., DES MOINES, IA 50309-3023

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PRINTED IN THE USA

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ON THE COVER

Photographer: Brie Passano

FROM THE EDITOR

INFLAMMATION IS A BUZZY WORD.

What is it really? Is it always such a bad thing?

How do the foods I eat impact inflammation?

These were my own questions as we set out to create this collection. And these very same questions probably led you to pick up this magazine and take a peek. You're in luck! We'll answer all your anti-inflammation questions while serving up delicious yet simple recipes—all approved by a registered dietitian (that's me!).

Fighting inflammation really does start with the foods you eat. And we make it easy. Check out the top 10 foods to eat and top 8 foods to avoid, *pages 5–6*. Stock your spice cabinet with turmeric and cinnamon and other seasonings to make the flavorful recipes starting on *page 64*. Learn all about health-boosting fermented foods and how to DIY yogurt, kombucha, and more, *page 76*. You can fight inflammation from the second you wake up, too, with our best breakfast recipes, *page 8*. And yes, even dessert can help stave off inflammation! Our desserts all have a health benefit, so you can feel good about satisfying that sweet tooth. Find them starting on *page 88*.

With these recipes to help you fight inflammation, you'll feel better and eat well. So go ahead, dig in—and eat to beat inflammation.



BERRY KOMBUCHA SALAD, *p. 82*



CAITLYN DIIMIG, RD
EDITOR



EAT Better

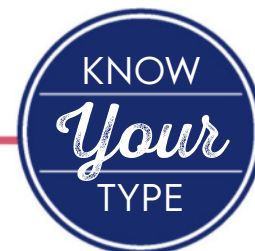
FEEEL Better

Inflammation is the root of several chronic diseases, so it's important to understand which foods calm inflammation and which contribute to it. Fighting inflammation starts with a few smart food choices—no diet overhaul needed.

SIGNS & SYMPTOMS

Speak with your doctor about chronic inflammation if you experience any of the following:

- Memory loss
- Joint pain
- Weight gain or inability to lose weight
- Above-normal blood sugar
- Hypertension (or prehypertension)
- Bloating, gas, or constipation
- High LDL, low HDL
- High triglycerides
- Fatigue
- New sensitivities to foods or the environment
- Migraines and/or headaches



GOOD

Acute inflammation occurs when we get a cut, break a bone, or come into contact with a bacteria or virus, says Carolyn Williams, Ph.D., RD, author of *Meals That Heal: 100+ Everyday Anti-Inflammatory Recipes in 30 Minutes or Less*. Symptoms like swelling, redness, or fever may be bothersome, but acute inflammation allows the body to heal itself. “Acute inflammation is perfectly normal,” says Jerlyn Jones, M.S., RDN, and owner of The Lifestyle Dietitian in Atlanta.

BAD

Chronic inflammation, however, is triggered by a foreign body or irritant, such as chemicals, additives, or other compounds in the environment or in the food we eat. Stress and inadequate sleep can be triggers too. “Symptoms are vague, and this inflammation doesn’t go away on its own,” Williams says.

from SUBTLE to SERIOUS

“Think of initial chronic inflammation as a small fire in the body,” Williams says. “It’s localized and not yet severe.” Poor food choices kindle this small bout of inflammation, which can result in slightly higher-than-normal blood sugar or blood pressure.

“But just as sparks from a small fire can create a second or third fire, this initial inflammation can increase the body’s sensitivity, making it easier for irritants to result in inflammation in another area of the body,” Williams says. Poor food choices can combine with stress, inactivity, or smoking to manifest inflammation in the form of weight gain, hypertension, and/or insulin resistance.

“If these small fires aren’t put out, more fires start, and they become one large systemic blaze,” Williams adds. Symptoms become more noticeable as inflammation pushes the body toward serious chronic conditions, such as obesity, type 2 diabetes, and heart disease.



TOP 10

ANTI-INFLAMMATORY FOODS TO EAT

- 1 Leafy greens (romaine, arugula, spinach, kale)
- 2 Extra virgin olive oil
- 3 Vitamin C-containing foods (berries, kiwi, bell peppers, oranges)
- 4 Cruciferous vegetables (cauliflower, broccoli, Brussels sprouts, kale)
- 5 Fatty fish (salmon, herring, sardines, tuna)
- 6 Green tea
- 7 Fermented and probiotic-rich foods (yogurt, kefir, kombucha, kimchi)
- 8 Nuts and seeds
- 9 Vitamin-A rich foods (sweet potatoes, carrots, butternut squash)
- 10 Zinc-containing ingredients (lentils, firm tofu, oatmeal)

TOP 8

PRO-INFLAMMATORY FOODS TO EAT LESS OFTEN

- 1 Saturated and trans fats and hydrogenated oils (shortening, butter, lard, corn oil)
- 2 Added sugars and/or artificial sweeteners
- 3 Refined carbohydrates (donuts, white bread, sugary cereals)
- 4 Fried foods
- 5 Processed foods
- 6 Cured and processed meats
- 7 Alcohol in excess
- 8 Caffeine in excess



Long-Term Effects

UNLESS IT'S CALMED, CHRONIC INFLAMMATION TAKES A GRADUAL TOLL ON THE BODY, DAMAGING CELLS AND OVERWORKING THE IMMUNE SYSTEM, WHICH CAN LEAD TO MULTIPLE HEALTH ISSUES. IN FACT, MORE THAN 25 DISEASES AND CONDITIONS ARE CONNECTED TO CHRONIC INFLAMMATION.

CUTTING OUT FOOD GROUPS

Many fad detox diets promote a dairy-free and gluten-free lifestyle to cut inflammation. “If you have lactose intolerance or a gluten sensitivity or allergy, then you should definitely avoid these foods,” Jones says. “But you don’t have to avoid dairy or gluten if you don’t have problems with them, such as gastrointestinal issues.” Dairy- and gluten-containing foods contain many beneficial nutrients that are hard to get in other foods. “If you are cutting out food groups, reach out to a registered dietitian (RD) to make sure you’re getting adequate nutrients,” Jones says. Look for fortified foods that contain calcium and vitamin D or consider taking a supplement. “Cutting out food groups and ensuring you’re getting enough nutrients is hard work,” she says, “but an RD can help you.” The reality is, you can safely enjoy gluten and dairy in moderation and still fight inflammation.

UNDERSTANDING OMEGAS

Both omega-6 and omega-3 fatty acids are essential unsaturated fats. Our bodies can’t produce these, so we must get them through our food. “It’s recommended that 5 to 10 percent of our daily calories come from omega-6 fatty acids,” Jones says.

Several studies show that replacing saturated fats with omega-6 fats produces major health benefits. Omega-6s often get a bad rap because they are thought to be pro-inflammatory, and omega-3s reduce inflammation.

“The issue is that Americans get 10 times more omega-6 fatty acids than omega-3 fatty acids,” Jones says. A typical American diet of overly processed foods results in this skewed ratio and is believed to be a major contributor of inflammation. “Instead of avoiding omega-6s, work on increasing your omega-3 consumption,” she says.

Eat fat sources with more omega-3s such as fatty fish, flaxseeds, walnuts, chia seeds, avocados, and almonds, as well as oils from olives, avocados, and peanuts. Jones recommends eating fatty fish two to three times a week and incorporating nuts and seeds daily, such as adding chia seeds and flaxseeds into smoothies and oatmeal.





BETTER BREAKFAST

Target inflammation with the first meal of the day. Whether you prefer sweet or savory flavors, there's an antioxidant-packed breakfast option for you.

RASPBERRY-JAVA OVERNIGHT BULGUR

HANDS ON 10 minutes
CHILL overnight

- $\frac{2}{3}$ cup plain low-fat yogurt or whole-milk Greek yogurt
- $\frac{1}{4}$ cup bulgur
- 3 Tbsp. milk or refrigerated unsweetened coconut milk
- 1 Tbsp. packed brown sugar
- $\frac{1}{2}$ tsp. instant espresso coffee powder
- $\frac{1}{4}$ cup raspberries

1. In a bowl stir together first five ingredients (through espresso powder). Divide mixture between two half-pint jars. Top with raspberries. Cover and chill overnight or up to 3 days. Stir before serving. If desired, top with additional raspberries. **Makes 2 servings** (1 cup each).

PER SERVING 134 cal., 2 g fat (1 g sat. fat), 7 mg chol., 75 mg sodium, 23 g carb., 3 g fiber, 8 g sugars, 7 g pro.

BLACKBERRY-GINGER OVERNIGHT BULGUR

HANDS ON 10 minutes
CHILL overnight

- $\frac{2}{3}$ cup plain low-fat yogurt or whole-milk Greek yogurt
- $\frac{1}{4}$ cup bulgur
- 3 Tbsp. milk or refrigerated unsweetened coconut milk
- 1 Tbsp. honey
- 1 Tbsp. chopped crystallized ginger or $\frac{1}{4}$ tsp. ground ginger
- $\frac{1}{4}$ cup blackberries

1. In a bowl stir together first five ingredients (through ginger). Divide mixture between two half-pint jars. Top with blackberries. Cover and chill overnight or up to 3 days. Stir before serving. If desired, top with additional blackberries. **Makes 2 servings** (1 cup each).

PER SERVING 151 cal., 2 g fat (1 g sat. fat), 7 mg chol., 74 mg sodium, 28 g carb., 3 g fiber, 8 g sugars, 8 g pro.



RASPBERRY-JAVA OVERNIGHT BULGUR



BLACKBERRY-GINGER OVERNIGHT BULGUR



BERRY COCONUT SMOOTHIE BOWL

START TO FINISH 10 minutes

- 2 5.3- to 6-oz. cartons coconut Greek yogurt
- 1 cup frozen strawberries
- $\frac{1}{4}$ cup unsalted raw cashews
- 2 Tbsp. flaxseed meal
- 1 Tbsp. coconut water
- Fresh strawberries and/or raspberries
- Unsweetened coconut flakes
- Cacao nibs

1. In a blender combine first five ingredients (through coconut water). Cover and blend 1 minute or until smooth, adding additional coconut water if needed. Divide between two bowls and top with fresh strawberries, coconut, and cacao nibs. **Makes 2 servings** (1 bowl each).

PER SERVING 334 cal., 17 g fat (7 g sat. fat), 15 mg chol., 66 mg sodium, 32 g carb., 6 g fiber, 19 g sugars, 18 g pro.

BREAKFAST SALAD WITH AVOCADO AND EGGS

START TO FINISH 30 minutes

- 1 lemon
- ½ cup packed fresh flat-leaf parsley leaves
- ½ cup packed fresh basil leaves or dill
- 1 clove garlic, halved
- 1 small avocado, halved, seeded, and peeled
- 2 Tbsp. water
- 2 Tbsp. olive oil or avocado oil
- ¼ tsp. sea salt
- ¼ tsp. black pepper
- 1 large carrot, peeled
- 2 heads butterhead (Bibb or Boston) lettuce, torn into bite-size pieces (11 cups)
- 1¾ cups thinly sliced radishes
- 6 cups water
- 1½ tsp. white vinegar
- 6 eggs

1. For dressing, remove ½ tsp. zest and squeeze 2 Tbsp. juice from lemon. In a food processor combine parsley, basil, and garlic; cover and pulse until finely chopped. Add lemon zest and juice, one of the avocado halves, the 2 Tbsp. water, oil, salt, and pepper. Cover and process until smooth.

2. Chop remaining avocado half. Using a vegetable peeler, cut carrot lengthwise into thin ribbons. In a large bowl combine lettuce, radishes, chopped avocado, and carrot ribbons.

3. In a 12-inch skillet bring the 6 cups water and the vinegar to simmering. Break eggs, one at a time, into a custard cup then slip into simmering water, allowing each egg an equal amount of space. Simmer 3 to 5 minutes or until whites are completely set and yolks begin to thicken but are not hard. Remove eggs with a slotted spoon.

4. Divide lettuce mixture onto plates. Top each serving with an egg and drizzle with dressing. **Makes 6 servings** (2 cups each).

TO MAKE AHEAD Make dressing. Prepare carrot, lettuce, and radishes. Wrap remaining avocado half in plastic wrap. Chill ingredients separately up to 4 hours. When ready to serve, cook eggs, chop avocado, and assemble salad as directed.

PER SERVING 176 cal., 13 g fat (3 g sat. fat), 186 mg chol., 195 mg sodium, 8 g carb., 4 g fiber, 3 g sugars, 9 g pro.



PEACHES AND CREAM BREAKFAST QUINOA

HANDS ON 10 minutes

PRESSURE COOK 1 minute

- 4 cups water
- 3 cups chopped peeled fresh peaches or frozen unsweetened peach slices, thawed
- 2 cups white quinoa, rinsed and drained
- ¼ cup peach preserves
- 2 tsp. vanilla
- ¾ tsp. salt
- ½ cup milk
- ½ cup chopped toasted pecans (optional)
- Honey or packed brown sugar (optional)

1. In a 6-qt. electric or stove-top pressure cooker combine first six ingredients (through salt). Lock lid in place. Set electric cooker on high pressure to cook

1 minute. For stove-top cooker, bring up to pressure over medium-high; reduce heat enough to maintain steady (but not excessive) pressure. Cook 1 minute. Remove from heat.

2. For both models, let stand 15 minutes to release pressure naturally. Release any remaining pressure. Open lid carefully. Stir in milk. If desired, sprinkle servings with pecans and drizzle with honey and additional milk. **Makes 8 servings** (1 cup each).

SLOW COOKER DIRECTIONS In a 4- to 5-qt. slow cooker combine first six ingredients (through salt). Cover and cook on low 2½ to 3 hours or high 1½ hours. Stir in milk. If desired, sprinkle servings with pecans and drizzle with honey and additional milk.

PER SERVING 214 cal., 3 g fat (0 g sat. fat), 1 mg chol., 234 mg sodium, 40 g carb., 4 g fiber, 10 g sugars, 7 g pro.

PROTEIN-PACKED

Oats are a nutritious option, but if you're burned out on oatmeal, turn to quinoa. This protein-packed and gluten-free seed eats like a grain and can be cooked and served just as you would oatmeal.

SPICED OATMEAL PANCAKES

START TO FINISH 30 minutes

- ½ cup oat flour or regular rolled oats, finely ground
- ¾ cup white whole wheat flour
- 1½ tsp. baking powder
- ½ tsp. apple pie spice, pumpkin pie spice, or ground cinnamon
- ⅛ tsp. salt
- 2 eggs, lightly beaten
- 1 cup milk
- 2 Tbsp. canola oil*
- 1 recipe Spiced Plum Topper

1. In a large bowl stir together oat flour or ground rolled oats and next four ingredients (through salt).

2. In a medium bowl combine eggs, milk, and oil. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be slightly lumpy).

3. For each pancake, pour about 1 Tbsp. batter onto a hot, lightly greased griddle or heavy skillet. Cook over medium 1 to 2 minutes on each side or until pancakes are golden; turn over when surfaces are bubbly and edges are slightly dry. Serve warm with Spiced Plum Topper. **Makes 6 servings** (Four 2-inch pancakes + about 3 Tbsp. topper each).

SPICED PLUM TOPPER In a 10-inch skillet heat 1 Tbsp. olive oil over medium. Add 2 fresh plums, pitted and coarsely chopped; 1 cup seedless purple or red grapes, halved; and ¼ tsp. ground cinnamon. Cook and stir 2 minutes. Stir in ⅓ cup pomegranate juice and 1 Tbsp. honey. Bring to boiling; reduce heat. Simmer, uncovered, 3 to 5 minutes or until syrupy. Cool slightly.

***TIP:** If available, use cold-pressed or expeller-pressed canola oil, which does not use chemical solvents during processing.

PER SERVING 226 cal., 10 g fat (2 g sat. fat), 65 mg chol., 215 mg sodium, 30 g carb., 3 g fiber, 13 g sugars, 7 g pro.





SQUASH BREAKFAST BOWLS

HANDS ON 15 minutes

ROAST 35 minutes at 400°F

- 1 2-lb. butternut squash, halved lengthwise and seeded*
- 2 tsp. olive oil
- ½ tsp. chili powder
- ½ tsp. ground coriander
- ¼ tsp. sea salt
- ¼ tsp. black pepper
- 2 cups mixed berries, such as blueberries, raspberries, blackberries, and/or halved strawberries
- ¼ cup roasted, salted pumpkin seeds (pepitas)**
- 2 Tbsp. pure maple syrup

1. Preheat oven to 400°F. Line a baking sheet with foil. Brush cut sides of squash with oil. Place squash halves, cut sides down, on prepared baking sheet. Roast 35 to 40 minutes or until very tender; cool slightly. Scrape squash flesh from skins; discard skins.

2. Measure 2 cups squash and add to a medium bowl. (Store any extra squash in refrigerator up to 3 days.) Stir in chili powder, coriander, salt, and pepper.

3. Divide squash mixture among bowls. Top with berries and pumpkin seeds and drizzle with maple syrup. Makes 4 servings (½ cup squash + ½ cup berries each).

*TIP Save some time and use frozen cubed butternut squash. Skip Step 1 and cook according to package directions.

TIP To roast your own pumpkin seeds, preheat oven to 350°F. Rinse the seeds under running water to remove pulp. Shake off excess water; spread seeds in a single layer on a lightly greased baking sheet. Lightly sprinkle with sea salt, then bake 15 minutes or until browned. Roasted squash seeds also make an excellent high-protein snack. **PER SERVING 206 cal., 10 g fat (2 g sat. fat), 0 mg chol., 191 mg sodium, 28 g carb., 7 g fiber, 14 g sugars, 6 g pro.

SAVORY EGG AND SQUASH BREAKFAST BOWLS Make a savory version by topping squash mixture with 1 poached egg; ¼ of an avocado, chopped; and 2 Tbsp. pico de gallo. Serve with lime wedges.

HARISSA-SAUCED CHICKPEAS

START TO FINISH 40 minutes

- 1 Tbsp. olive oil
- $\frac{3}{4}$ cup chopped red bell pepper
- $\frac{1}{2}$ cup chopped onion
- 2 cloves garlic, minced
- $\frac{1}{4}$ cup Homemade Harissa Paste or purchased harissa paste
- 1 15-oz. can chickpeas, rinsed and drained
- 1 cup reduced-sodium chicken broth
- $\frac{1}{2}$ cup chopped tomato
- 4 eggs
- $\frac{1}{4}$ tsp. kosher salt
- $\frac{1}{4}$ tsp. black pepper
- Chopped fresh flat-leaf parsley
- Toasted baguette slices*

1. In a 10-inch skillet heat oil over medium. Add bell pepper, onion, and garlic; cook and stir 6 to 8 minutes or until very tender. Stir in Homemade Harissa Paste,

chickpeas, broth, and tomato. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes or until desired consistency, stirring occasionally.

2. Coat a 10-inch nonstick skillet with *nonstick cooking spray*; heat skillet over medium. Add eggs; cook 2 to 3 minutes or until desired doneness. Sprinkle with salt and black pepper.

3. Serve chickpea mixture topped with eggs and parsley. Serve with baguette slices. **Makes 4 servings** ($\frac{2}{3}$ cup chickpea mixture + 1 egg each).

HOMEMADE HARISSA PASTE Place 4 oz. dried New Mexico, ancho, and/or pasilla chile peppers in a large bowl. Pour enough boiling water over peppers to cover. Let stand 20 minutes; drain. Meanwhile, in a 6-inch skillet heat $\frac{1}{2}$ tsp. each caraway, coriander, and cumin seeds over medium 2 minutes or until toasted and fragrant, shaking skillet

occasionally. Remove seeds and cool. Grind seeds in a spice grinder or place in a resealable plastic bag and crush with a rolling pin. Wearing plastic or rubber gloves, remove stems, seeds, and membranes from peppers. Place peppers, ground seeds, 3 Tbsp. olive oil, 2 Tbsp. lemon juice, 5 cloves garlic, and 1 tsp. kosher salt in a food processor or blender. Cover and pulse until smooth, adding 3 to 4 Tbsp. water as needed. Makes $1\frac{1}{4}$ cups.

***TIP** For toasted bread slices, preheat broiler. Arrange bread slices on a baking sheet. In a small bowl stir together olive oil and minced garlic. Brush both sides of bread with oil mixture. Broil 3 to 4 inches from heat 2 to 4 minutes or until toasted, turning once.

PER SERVING 355 cal., 16 g fat (3 g sat. fat), 186 mg chol., 761 mg sodium, 38 g carb., 6 g fiber, 5 g sugars, 15 g pro.

HARISSA [HAH-REE-SUH]

The vibrant North African red pepper sauce typically contains hot chiles, garlic, cumin, coriander, and caraway. Enjoy it as you would sriracha. Stirred into scrambled eggs or chickpeas, slathered on chicken, or spread on a sandwich, harissa adds depth and kick.





HUEVOS RANCHEROS

START TO FINISH 25 minutes

- 1 lime
- 2 Tbsp. light sour cream
- 4 5-inch tostada shells
- ½ cup canned refried black beans*
- 2 tsp. olive oil
- 4 eggs
- 1 cup shredded lettuce
- ½ of a medium avocado, sliced (optional)
- 1 cup refrigerated fresh salsa
- 2 Tbsp. crumbled Cotija cheese
- 2 Tbsp. fresh cilantro leaves
- ¼ tsp. fresh cracked black pepper

1. Preheat oven to 350°F. Remove ½ tsp. zest and squeeze 1 tsp. juice from lime. In a small bowl combine lime zest and juice and sour cream.

2. Place tostada shells on a large baking sheet. Gently spread with refried beans. Bake 5 minutes or until beans are warm and tostada shells are golden.

3. Meanwhile, in a 10-inch skillet heat oil over medium. Break eggs into skillet, keeping them separate. Cook, covered, 3 to 5 minutes or until whites are completely set.

4. Top each tostada with lettuce, an egg, sour cream mixture, avocado (if desired), salsa, cheese, and cilantro. Sprinkle with black pepper. If desired, serve with lime wedges. **Makes 4 servings** (1 tostada each).

***TIP:** If you'd like, replace refried beans with no-salt-added black beans; lightly mash with a fork and season with salt.

PER SERVING 230 cal., 12 g fat (4 g sat. fat), 191 mg chol., 494 mg sodium, 19 g carb., 3 g fiber, 3 g sugars, 10 g pro.

BLUEBERRY-ALMOND BUTTER SMOOTHIES

START TO FINISH 10 minutes

- 1½ cups frozen blueberries
- 1 banana, cut into chunks
- 1½ cups unsweetened almond milk
- 1 Tbsp. almond butter
- 1 tsp. lemon juice (optional)

1. In a blender combine all ingredients. Cover and blend until pureed. If desired, top servings with additional fresh berries.

Makes 2 servings (1½ cups each).

PER SERVING 190 cal., 7 g fat (1 g sat. fat), 0 mg chol., 161 mg sodium, 32 g carb., 6 g fiber, 19 g sugars, 4 g pro.



Plain Jane oatmeal gets an anti-inflammatory makeover.
Punch it up with our ideas for nutritious mix-ins.

OATMEAL

4 WAYS



BANANA-PECAN

MIX-INS: Top oatmeal with 2 Tbsp. sliced bananas, 1 Tbsp. chopped toasted pecans, and 2 tsp. maple syrup.
PER SERVING: 178 cal., 6 g fat (1 g sat. fat), 29 g carb., 3 g fiber, 12 g sugars



STRAWBERRY-PEANUT BUTTER

MIX-INS: Stir 2 Tbsp. sliced fresh strawberries, 1 Tbsp. peanut butter, and 2 tsp. honey into oatmeal.
PER SERVING: 219 cal., 10 g fat (2 g sat. fat), 30 g carb., 3 g fiber, 15 g sugars

OATMEAL BASE RECIPE

START TO FINISH 10 minutes

- ½ cup water or milk
- ¼ cup regular rolled oats
- Dash salt
- Mix-Ins

1. In a small saucepan combine the water, oats, and salt. Bring to simmering; cook 5 minutes. Remove from heat. Cover and let stand 3 minutes. Add desired Mix-Ins. **Makes 1 serving** (¾ cup oatmeal + Mix-Ins each).

APRICOT-WALNUT

MIX-INS: Stir 2 Tbsp. chopped dried apricots, 1 Tbsp. chopped toasted walnuts, and dash apple pie spice into oatmeal.
PER SERVING: 163 cal., 6 g fat (1 g sat. fat), 25 g carb., 4 g fiber, 9 g sugars



BLUEBERRY-ALMOND

MIX-INS: Top oatmeal with 2 Tbsp. fresh blueberries, 1 Tbsp. toasted sliced almonds, and dash ground cinnamon.
PER SERVING: 119 cal., 4 g fat (0 g sat. fat), 17 g carb., 3 g fiber, 3 g sugars



make & take LUNCHES

Skip the sad desk salad and the greasy fast food. And opt for these flavor-forward, disease-fighting lunches. With just a little prep, each can be made ahead for totally totable meals the next day.

BEET SALAD

START TO FINISH 15 minutes

- 1 Tbsp. vegetable or canola oil (see tip, p. 13)
- 1 Tbsp. balsamic vinegar
- 1 small clove garlic, minced
- ¼ tsp. Dijon mustard
- ¼ tsp. honey
- Dash sea salt
- Dash black pepper
- 1½ cups mixed spring salad greens
- 2 refrigerated cooked whole baby beets (see "Fresh Beets," opposite)
- 1 Big-Batch Steamed Egg, sliced
- 2 Tbsp. chopped walnuts, toasted

1. For dressing, in a small screw-top jar combine first five ingredients (through honey). Cover and shake well. Season with salt and pepper. In a medium bowl combine salad greens, beets, Big-Batch Steamed Egg, and walnuts. Shake dressing and drizzle over greens mixture. **Makes 1 serving** (⅔ cup each).

TO TOTE Prepare dressing as directed. In an airtight container prepare greens mixture as directed, except do not add beets. Place beets in a second airtight container. Chill overnight. Place all containers in an insulated lunch bag with a frozen ice pack. To serve, add beets to greens mixture. Shake dressing and drizzle over greens mixture.

BIG-BATCH STEAMED EGGS Place 6 to 12 eggs in a steamer basket in a 4- to 5-qt. Dutch oven, layering as needed. Add water to Dutch oven to just below basket. Bring to boiling. Steam, covered, 17 minutes. Transfer eggs to a bowl of ice water until cool enough to handle; drain. Gently tap each egg on the countertop, then peel off eggshell, starting at the large end. Chill up to 5 days.

PER SERVING 354 cal., 28 g fat (4 g sat. fat), 186 mg chol., 418 mg sodium, 18 g carb., 4 g fiber, 13 g sugars, 11 g pro.



FRESH BEETS

If you can't find cooked beets, use fresh beets. Peel and chop 2 oz. beets. Steam 20 minutes or until tender; cool.

Beet Benefits

BEETS CONTAIN BETANIN, A POWERFUL PHYTOCHEMICAL THAT HAS BEEN SHOWN TO REDUCE OXIDATIVE STRESS AND INFLAMMATION IN THE BODY AND MAY DECREASE A PERSON'S RISK OF HEART DISEASE.



SPAGHETTI SQUASH CHICKEN CURRY

START TO FINISH 1 hour, 15 minutes

- 1 1½-lb. spaghetti squash, halved lengthwise and seeded
- ¾ cup canned unsweetened coconut milk
- 1 tsp. curry powder
- ½ tsp. sea salt
- ¼ tsp. black pepper
- 2 cups store-bought shredded roast chicken
- 2 medium red bell peppers, cut into bite-size strips
- 1 cup cooked broccoli

1. Preheat oven to 350°F. Place squash, cut sides down, in a foil-lined baking pan. Bake 1 hour or until tender; cool slightly. Using a fork, scrape strands from squash halves (you should have 2 cups).
2. In a medium saucepan combine the next four ingredients (through black pepper). Bring to boiling; reduce heat. Simmer 5 minutes. Stir in chicken, bell peppers, and broccoli; heat through. Serve chicken mixture over squash.
Makes 2 servings (2 cups chicken mixture + 1 cup squash each).

TO TOTE Divide chicken mixture and spaghetti squash evenly between two airtight containers. Chill overnight. Place containers in an insulated lunch bag with a frozen ice pack. Reheat before serving. If desired, sprinkle with additional black pepper.

PER SERVING 433 cal., 21 g fat (15 g sat. fat), 119 mg chol., 900 mg sodium, 19 g carb., 5 g fiber, 7 g sugars, 39 g pro.

CHEESY TEX-MEX QUINOA SANDWICH WITH BLACK BEANS

HANDS ON 20 minutes
COOK 15 minutes

- 3 Tbsp. quinoa, rinsed and drained
- 1 tsp. chili powder
- ½ tsp. ground cumin
- ½ cup chopped orange bell pepper
- ⅓ cup shredded reduced-fat cheddar cheese
- ¼ cup canned reduced-sodium black beans, rinsed and drained
- 1 6-inch whole wheat pita bread round, halved crosswise
- 2 Tbsp. light sour cream
- ½ cup chopped romaine lettuce
- Refrigerated fresh salsa (optional)

1. In a small saucepan combine ⅓ cup water, the quinoa, chili powder, and cumin. Bring to boiling; reduce heat. Simmer, covered, 15 minutes or until water is absorbed. Remove from heat. Fluff quinoa with a fork. Stir in bell pepper, cheese, and beans. Spread insides of pita halves with sour cream. Fill with lettuce and quinoa mixture. Serve pita sandwich halves with salsa. **Makes 2 servings** (½ pita sandwich each).

TO TOTE Place one of the pita sandwich halves and salsa (if desired) in separate airtight containers. Chill up to 4 hours. Place containers in an insulated lunch bag with a frozen ice pack. Serve pita sandwich half with salsa.

PER SERVING 265 cal., 7 g fat (3 g sat. fat), 18 mg chol., 434 mg sodium, 40 g carb., 6 g fiber, 3 g sugars, 13 g pro.

SALMON STUFFED MINI PEPPERS

START TO FINISH 10 minutes

- 3 miniature bell peppers
- 1 2.5-oz. pouch skinless, boneless pink salmon
- 1 Tbsp. light mayonnaise
- 1 tsp. lemon juice
- 1/8 tsp. garlic powder
- 1/8 tsp. black pepper
- Fresh snipped chives (optional)
- 14 thin nut crackers, such as Hint of Sea Salt Nut-Thins
- 1 clementine
- 1/2 cup whole strawberries

1. Cut stems off bell peppers. Cut peppers in half lengthwise. Scrape out and discard seeds and membranes. In a small bowl

combine next five ingredients (through black pepper). Spoon salmon mixture into pepper halves and, if desired, sprinkle with chives. Serve with crackers, clementine, and strawberries. **Makes 1 serving** (3 mini peppers + 1/2 cup salmon mixture + 14 crackers + fruit each).

TO TOTE Place unfilled pepper halves, salmon mixture, and strawberries in separate airtight containers. Chill overnight. Place crackers in a resealable plastic bag. Place all items including the clementine in an insulated bag with a frozen ice pack or refrigerate the bag.

PER SERVING 293 cal., 7 g fat (1 g sat. fat), 40 mg chol., 417 mg sodium, 40 g carb., 4 g fiber, 15 g sugars, 22 g pro.

BALANCING ACT

A well-rounded lunch should have a starch, protein, vegetable, and fruit. Enjoy dairy or a fortified dairy alternative three times a day.



HUMMUS AND TOMATO FLATBREAD

START TO FINISH 15 minutes

- $\frac{3}{4}$ cup canned no-salt-added chickpeas, rinsed and drained
- 2 Tbsp. lemon juice
- $\frac{1}{2}$ tsp. ground cumin
- $\frac{1}{8}$ tsp. black pepper
- Dash salt
- 1 5-inch flax, oat bran, and whole wheat pita bread round, such as Joseph's Mini Pita Bread
- 2 slices tomato
- $\frac{1}{4}$ cup finely chopped red onion
- $\frac{1}{4}$ cup chopped seeded cucumber
- 1 Tbsp. crumbled reduced-fat feta cheese

1. In a small bowl coarsely mash chickpeas, lemon juice, cumin, pepper, and salt with a fork. Spread over pita bread. Top with tomato, onion, cucumber, and cheese. **Makes 1 serving** (1 sandwich).

TO TOTE Prepare sandwich as directed, except do not add tomato slices. Place sandwich and tomato slices in separate airtight containers. Chill overnight. Place all containers in an insulated lunch bag with a frozen ice pack. To serve, add tomato slices to sandwich.

PER SERVING 251 cal., 6 g fat (1 g sat. fat), 5 mg chol., 584 mg sodium, 42 g carb., 13 g fiber, 6 g sugars, 17 g pro.



TURKEY-APPLE-BRIE > SANDWICH

START TO FINISH 20 minutes

- 1½ cups thinly sliced Granny Smith apple
- 1 tsp. lemon juice
- 1 8-oz. loaf whole wheat baguette
- 4 leaves red leaf lettuce
- 1 cup shredded cooked turkey breast tenderloin (see tip, *right*)
- 2 oz. thinly sliced Brie cheese
- 4 tsp. Dijon mustard
- 2 cups sugar snap pea pods or bell pepper strips

1. In a small bowl toss together apple slices and lemon juice. Cut bread loaf into four portions; cut each portion in half horizontally. Remove soft insides of bread halves, leaving ¼-inch-thick shells.

2. Layer bottom halves of bread with lettuce, turkey, cheese, and apple slices. Spread top halves of bread with mustard; replace tops. Serve sandwiches with snap peas. **Makes 4 servings** (1 sandwich + ½ cup snap peas each).

TO TOTE Place one of the sandwiches and ½ cup of the snap peas in separate airtight containers. Chill up to 4 hours. Place all containers in an insulated lunch bag with a frozen ice pack. Serve sandwich with snap peas.

PER SERVING 236 cal., 5 g fat (3 g sat. fat), 34 mg chol., 431 mg sodium, 32 g carb., 5 g fiber, 7 g sugars, 17 g pro.



COOKED TURKEY

For cooked turkey, place 1 turkey breast tenderloin in a skillet with 1 cup water. Bring to boiling; reduce heat. Simmer, covered, 20 to 25 minutes or until done (165°F). Drain and cool slightly. Shred turkey using two forks. Store any remaining turkey in refrigerator up to 3 days or freeze up to 2 months.



< SPICY TACO SALAD

START TO FINISH 15 minutes

- 2 Tbsp. light fiesta salsa ranch salad dressing
- 1 Tbsp. plain fat-free yogurt
- ⅛ tsp. salt
- ⅔ cup grape tomatoes, halved
- ½ cup chopped yellow or green bell pepper
- 2 Tbsp. sliced green onion tops (optional)
- 1 2-oz. container refrigerated chunky avocado dip, such as Wholly Guacamole
- ½ cup canned no-salt-added black beans, rinsed and drained
- ¾ cup chopped cooked chicken breast
- 3 cups torn romaine lettuce or mixed salad greens

1. For dressing, in a small bowl stir together ranch dressing, yogurt, and salt. In two 1-qt. wide-mouth canning jars divide and layer ingredients in the following order: dressing, tomatoes, bell pepper, green onion tops (if desired), guacamole, beans, chicken, and lettuce. Seal jars. To serve, pour contents from each jar onto a plate or into a large shallow bowl. **Makes 2 servings** (3 cups each).

TO TOTE Chill prepared jars of salad overnight. Place one jar (upright if possible) in an insulated lunch bag with a frozen ice pack. To serve, pour contents from jar onto a plate or into a large shallow bowl.

PER SERVING 263 cal., 11 g fat (2 g sat. fat), 41 mg chol., 338 mg sodium, 19 g carb., 6 g fiber, 4 g sugars, 21 g pro.



20-MINUTE DINNERS

Healthy dishes don't have to be labor-intensive. When you need dinner on the table fast, opt for these recipes chock-full of fresh produce and healthy fats. Even better? They all use one pan, making cleanup a cinch.





PORK CHOPS WITH ESCAROLE AND WARM MUSTARD DRESSING

START TO FINISH 20 minutes

- 4 boneless pork loin chops, cut ½ inch thick and trimmed of fat
- ½ tsp. kosher salt
- ½ tsp. fresh cracked black pepper
- 4 Tbsp. olive oil
- 1 12-oz. head escarole, romaine, and/or curly endive, trimmed and cut into 1-inch pieces (4 cups)
- 1 medium fennel bulb, trimmed, halved, cored, and thinly sliced
- 2 Tbsp. finely chopped shallot
- 1 Tbsp. white wine vinegar
- ½ cup water
- 1 Tbsp. Dijon mustard

1. Sprinkle chops with salt and pepper. In a 10-inch nonstick skillet heat 2 Tbsp. of the oil over medium. Add chops; cook 5 to 6 minutes or just until slightly pink in center, turning once. Remove chops; cover to keep warm.

2. Meanwhile, in a large bowl combine escarole and fennel.

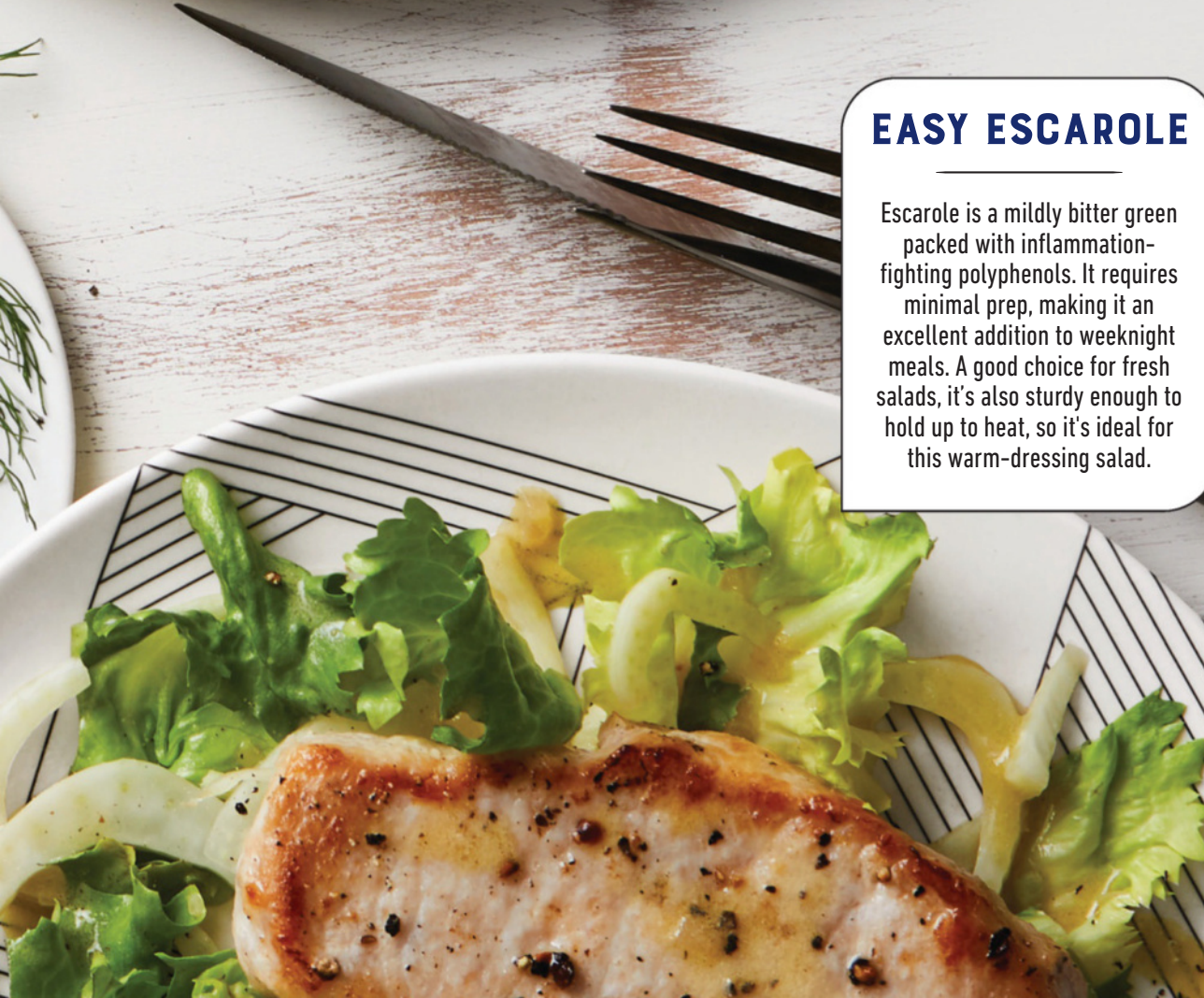
3. For dressing, in same skillet cook and stir shallot over medium 30 seconds. Add vinegar; stir until evaporated, scraping up any crusty brown bits. Add the water; cook, uncovered, 2 minutes or until reduced by about half. Remove from heat. Whisk in mustard and remaining 2 Tbsp. oil. Pour 3 Tbsp. of the dressing over escarole mixture, tossing to coat.

4. Stir any accumulated juices from chops into remaining dressing in skillet. Serve with chops and escarole mixture. **Makes 4 servings** (1 chop + 1½ cups escarole mixture each).

PER SERVING 269 cal., 17 g fat (3 g sat. fat), 53 mg chol., 314 mg sodium, 7 g carb., 4 g fiber, 3 g sugars, 24 g pro.

EASY ESCAROLE

Escarole is a mildly bitter green packed with inflammation-fighting polyphenols. It requires minimal prep, making it an excellent addition to weeknight meals. A good choice for fresh salads, it's also sturdy enough to hold up to heat, so it's ideal for this warm-dressing salad.





WHITE BEANS AND TOMATOES WITH KALE PESTO

START TO FINISH 20 minutes

- 2 tsp. olive oil
- 3 cups multicolor grape tomatoes, halved
- 2 15-oz. cans reduced-sodium cannellini beans, rinsed and drained
- ½ tsp. fresh cracked black pepper
- 1 lemon
- 1 cup packed fresh baby kale
- ¼ cup freshly shredded Parmesan cheese (1 oz.)
- 2 Tbsp. pine nuts, toasted
- 1 Tbsp. water
- 1 clove garlic, halved
- ½ tsp. kosher salt

1. In a 10-inch nonstick skillet heat 1 tsp. of the oil over medium-high. Add tomatoes; cook 2 minutes or until slightly softened, stirring occasionally. Add beans; cook 3 minutes or until heated through, stirring occasionally. Stir in pepper.

2. Meanwhile, for pesto, remove ½ tsp. zest and squeeze 1 Tbsp. juice from lemon. In a food processor combine remaining 1 tsp. oil, lemon zest and juice, and remaining ingredients. Cover and process until nearly smooth. Serve bean mixture topped with pesto. **Makes 4 servings** (1 cup bean mixture + 2 Tbsp. pesto each).

PER SERVING 288 cal., 11 g fat (2 g sat. fat), 4 mg chol., 435 mg sodium, 35 g carb., 11 g fiber, 4 g sugars, 14 g pro.

ALL HAIL KALE

Kale receives the superfood moniker for good reason: It's loaded with antioxidants shown to reduce inflammation and improve eye health, and it may reduce risk of heart disease and some cancers. Baby kale is picked earlier, resulting in a more tender leaf. It's great in salads or whizzed into pesto.

HOT GINGERED BEEF AND BROCCOLI SALAD

START TO FINISH 20 minutes

- 12 oz. boneless beef sirloin steak, trimmed of fat
- ½ cup bottled light ginger vinaigrette salad dressing
- 3 cups broccoli florets
- 8 cups mixed spring salad greens or baby salad greens
- 1 medium red bell pepper, cut into bite-size pieces

1. Thinly slice meat across the grain into bite-size strips. In a 10-inch skillet or a wok heat 2 Tbsp. of the dressing over medium-high. Add broccoli; cook and stir 3 minutes. Add meat; cook and stir 2 to 3 minutes more or until meat is slightly pink in center.

2. Transfer meat mixture to a large bowl; add greens and bell pepper. Drizzle with remaining dressing; toss to coat. **Makes 4 servings** (2½ cups each).

PER SERVING 194 cal., 6 g fat (1 g sat. fat), 51 mg chol., 475 mg sodium, 14 g carb., 4 g fiber, 7 g sugars, 22 g pro.





RADISH REVAMP

Crunchy radishes are typically a salad afterthought, but this root vegetable is excellent roasted. And because they're small and tender, they roast up in 20 minutes or less. Roasting tames radishes' signature bite to a subtle sweetness. Traditional red radishes and watermelon radishes, named for their thick green peel and bright pink flesh, both contain anthocyanins, which have been shown to have anti-inflammatory properties.

ROASTED SALMON WITH RADISHES AND FENNEL

START TO FINISH 20 minutes

- 1 lb. watermelon radishes or other radishes, cut into 1-inch pieces
- 1 medium fennel bulb, trimmed, quartered, and cored (plus chopped leaves)
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{2}$ tsp. kosher salt
- $\frac{1}{2}$ tsp. fresh cracked black pepper
- 4 6-oz. fresh salmon fillets
- 2 oranges
- 3 Tbsp. white wine vinegar
- 1 Tbsp. honey

1. Preheat oven to 425°F. Line a 15×10-inch baking pan with foil; lightly grease foil. In a large bowl toss radishes and fennel with 2 tsp. of the oil, $\frac{1}{4}$ tsp. salt, and $\frac{1}{4}$ tsp. pepper. Spread in one end of prepared pan. Roast 10 minutes.

2. Meanwhile, sprinkle salmon with the remaining $\frac{1}{4}$ tsp. salt and $\frac{1}{4}$ tsp. pepper. Arrange salmon, skin side down, in other end of pan. Drizzle with 1 tsp. of the oil. Roast about 10 minutes more or until salmon flakes easily and radishes and fennel are fork-tender.

3. Meanwhile, for vinaigrette, remove $\frac{1}{2}$ tsp. zest and squeeze 3 Tbsp. juice

from one of the oranges. Quarter and thinly slice remaining orange. In a screw-top jar combine remaining 3 Tbsp. oil, the orange zest and juice, vinegar, and honey. Cover and shake well. Drizzle salmon and vegetables with vinaigrette and top with reserved orange slices and fennel leaves. **Makes 4 servings** (1 salmon fillet + $\frac{3}{4}$ cup vegetables each).

PER SERVING 543 cal., 36 g fat (7 g sat. fat), 92 mg chol., 381 mg sodium, 17 g carb., 4 g fiber, 13 g sugars, 37 g pro.



HARISSA CHICKEN AND SNOW PEA SKILLET

START TO FINISH 20 minutes

- 1 lb. skinless, boneless chicken breast halves, cut into $\frac{3}{4}$ -inch pieces
- 2 cloves garlic, minced
- 1 to 2 tsp. harissa paste or Homemade Harissa Paste, p. 15
- 1 Tbsp. olive oil
- 2 cups cherry tomatoes, halved
- 12 oz. snow pea pods, trimmed
- 1 15-oz. can no-salt-added chickpeas, rinsed and drained
- $\frac{1}{2}$ cup reduced-sodium chicken broth
- $\frac{1}{4}$ tsp. salt
- 1 lemon

- $\frac{1}{3}$ cup chopped fresh parsley
- $\frac{1}{4}$ cup pitted Kalamata olives, halved
- $\frac{1}{4}$ cup plain fat-free Greek yogurt
- 4 1-oz. slices French bread, toasted (optional)

1. In a medium bowl combine chicken, garlic, and harissa paste; toss to coat. In a 12-inch skillet heat oil over medium-high. Add chicken; cook and stir until no longer pink. Remove from skillet.

2. In same skillet combine next five ingredients (through salt). Bring to boiling; reduce heat. Simmer, covered, 5 minutes or until tomatoes are softened and pea pods are tender. Return chicken to skillet.

3. Meanwhile, remove 1 tsp. zest and squeeze 1 Tbsp. juice from lemon. Stir lemon zest and juice, parsley, and olives into chicken mixture. Top servings with yogurt and, if desired, serve with bread for dipping. **Makes 4 servings** (2 cups each).

PER SERVING 323 cal., 10 g fat (1 g sat. fat), 83 mg chol., 502 mg sodium, 23 g carb., 7 g fiber, 7 g sugars, 35 g pro.

GOOD CATCH

Get hooked on fish and seafood. Both are linked to numerous health benefits, including reduced inflammation. Sail into healthy waters with these deliciously simple recipes.

THAI GREEN CURRY WITH SHRIMP

START TO FINISH 30 minutes

- 12 oz. fresh or frozen medium shrimp in shells
- 1 cup canned unsweetened light coconut milk
- ¼ cup reduced-sodium chicken broth
- 2 to 3 Tbsp. green curry paste
- 2 tsp. cornstarch
- 1 tsp. lemon zest
- Nonstick cooking spray
- 1 cup thin, bite-size strips yellow bell pepper
- 1 cup halved and thinly sliced onion
- 1 cup snow pea pods, trimmed and halved crosswise
- ¾ cup packaged julienned or coarsely shredded carrots
- 3 cloves garlic, minced
- 2 tsp. canola oil (tip, p. 13)
- 2 cups hot cooked brown basmati or regular brown rice
- 3 Tbsp. flaked coconut, toasted
- Fresh cilantro

1. Thaw shrimp if frozen. Peel and devein shrimp, leaving tails intact if desired.

2. For sauce, in a medium bowl whisk together coconut milk, broth, curry paste, cornstarch, and lemon zest.

3. Coat a wok or 12-inch nonstick skillet with cooking spray and heat over medium-high. Add bell pepper and onion; cook and stir 3 minutes. Add pea pods, carrots, and garlic; cook and stir 2 minutes more or until vegetables are crisp-tender. Remove from wok.

4. Add oil to wok; add shrimp. Cook and stir over medium-high 1½ to 2 minutes or until shrimp are opaque. Push from center of wok.

5. Stir sauce; add to center of wok. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more, stirring to scrape up any crusty brown bits. Return vegetables to wok. Cook, stirring gently, until heated through.

6. Serve shrimp mixture over rice. If desired, sprinkle with coconut and cilantro. **Makes 4 servings** (1 cup shrimp mixture + ½ cup rice each).

PER SERVING 312 cal., 9 g fat (5 g sat. fat), 119 mg chol., 513 mg sodium, 40 g carb., 4 g fiber, 6 g sugars, 20 g pro.





BUYING GUIDE

Here are a few tips to help you shop smart for seafood and fish.

- **FRESH INSIGHT** Fresh fish and seafood shouldn't smell "fishy" and should look moist; avoid if it looks dry.
- **FROZEN KNOW-HOW** Most "fresh" fish and seafood has been frozen at some point, so you can save cash by shopping the freezer section. Buy shrimp head-off in the shell. Shrimp is sized by the number per pound—a small number means large shrimp.
- **EXPERT HELP** Chat up your store's fishmonger. Ask how to store, clean, and prep your seafood (they can usually clean and prep for you too). And always ask how long a purchase will stay fresh.



SOUTHWEST SALMON CHOWDER

START TO FINISH 50 minutes

- 1½ lb. fresh or frozen skinless salmon fillets or three 6- to 7.5-oz. cans skinless, boneless salmon, drained and flaked
- 1½ cups water
- 2 Tbsp. olive oil
- ¾ cup chopped red or orange bell pepper
- ¼ cup thinly sliced green onions (white and green parts separated)
- 3 Tbsp. all-purpose flour
- 3½ cups low-sodium vegetable broth or stock
- 3 cups ½-inch pieces red-skinned potatoes
- 2½ cups low-fat (1%) milk
- ½ tsp. salt
- ½ tsp. black pepper

- ¼ to ½ tsp. ground ancho chile pepper or chili powder
- 2 cups frozen whole kernel corn, thawed
- 1 tsp. lime zest
- Chopped avocado (optional)
- Lime wedges

1. Thaw salmon if frozen. To poach fillets, in a 10-inch skillet bring the water to boiling. Add fillets. Return to boiling; reduce heat. Simmer, covered, 6 to 8 minutes or until salmon flakes easily. Remove from skillet, discarding liquid. Flake salmon into ½-inch pieces. (If using canned salmon, skip this step and omit the water.)

2. In a 6-qt. Dutch oven heat oil over medium-high. Add bell pepper and white parts of onions; cook and stir 3 minutes or just until tender. Stir in flour; cook and stir 1 minute more.

3. Gradually stir in broth. Add potatoes, milk, salt, black pepper, and ground ancho pepper. Bring to boiling; reduce heat. Simmer, covered, 15 minutes or until slightly thickened and vegetables are tender, stirring occasionally. Add corn; cook and stir 2 minutes more. Gently stir in poached or canned salmon and lime zest; heat through.

4. Top servings with green parts of onions and, if desired, avocado and/or additional ground ancho pepper. Serve with lime wedges. **Makes 8 servings** (1¼ cups each).

TIP To freeze, transfer cooled soup to a freezer container and freeze up to 3 months. To serve, thaw in refrigerator overnight. Reheat in a covered Dutch oven over low, stirring occasionally.

PER SERVING 280 cal., 10 g fat (2 g sat. fat), 51 mg chol., 287 mg sodium, 25 g carb., 3 g fiber, 8 g sugars, 22 g pro.



GREEK GREEN BEAN AND SALMON QUINOA BOWL

START TO FINISH 45 minutes

- 1 1-lb. fresh salmon fillet with skin
- ½ tsp. salt
- ¼ tsp. black pepper
- 8 oz. green beans, trimmed and cut into 1-inch pieces
- 1¾ cups water
- ¾ cup quinoa (tricolor, red, or white), rinsed and drained
- 3 Tbsp. lemon juice
- 2 Tbsp. olive oil
- 2 tsp. chopped fresh oregano or ½ tsp. dried oregano, crushed
- 1 clove garlic, minced
- 1 cup seeded and chopped tomato
- ¼ cup crumbled feta cheese (1 oz.)
- ¼ cup pitted Kalamata olives, sliced or halved

1. Preheat oven to 400°F. Line a large baking sheet with foil. Place salmon on prepared baking sheet. Sprinkle with ½ tsp. of the salt and ¼ tsp. of the pepper. Bake 20 to 25 minutes or until

salmon flakes easily. Remove from oven and let stand 5 minutes. Flake salmon into bite-size pieces, discarding skin.

2. Meanwhile, place beans in a steamer basket in a medium saucepan. Add water to saucepan to just below basket. Bring to boiling. Steam, covered, 5 minutes or until crisp-tender. Rinse beans under cold water; drain. In same saucepan combine the 1¾ cups water, quinoa, and ¼ tsp. of the salt. Bring to boiling; reduce heat. Simmer, covered, 15 to 20 minutes or until quinoa is tender and liquid is absorbed. Fluff with a fork.

3. For dressing, in a small bowl whisk together lemon juice, oil, oregano, garlic, and remaining ¼ tsp. salt and ¼ tsp. pepper.

4. Divide quinoa among bowls. Top with salmon, beans, tomato, cheese, and olives. Drizzle with dressing and, if desired, top with additional fresh oregano. **Makes 4 servings** (1½ cups each).

PER SERVING 484 cal., 28 g fat (6 g sat. fat), 69 mg chol., 577 mg sodium, 28 g carb., 4 g fiber, 4 g sugars, 30 g pro.

GO GREEN

Follow these tips to buy sustainable seafood and fish.

→ LOOK FOR THE LOGO

on the packaging of the Marine Stewardship Council (MSC), Aquaculture Stewardship Council (ASC), or Best Aquaculture Practices (BAP). These organizations vet fisheries, and their stamps of approval indicate that the seafood came from a sustainable source.

→ IF YOU CAN'T FIND A LOGO,

default to domestic seafood. American fisheries and aquaculture have made good strides toward sustainability.

→ STORE BRANDS ARE OFTEN

A SMART BET. Chains like Safeway, Whole Foods, and Stop & Shop have effective sustainability programs.

→ DOWNLOAD THE MONTEREY

BAY AQUARIUM SEAFOOD WATCH APP (free; iOS and Android), which groups species into the categories "Best Choices," "Good Alternatives," and "Avoid."



SEARED SCALLOP, SPINACH, AND ZUCCHINI NOODLE SALAD

START TO FINISH 30 minutes

- 1 medium zucchini, trimmed
- ½ tsp. olive oil
- 2 Tbsp. orange juice
- 2 Tbsp. champagne vinegar or cider vinegar
- 1 Tbsp. toasted sesame oil
- 1 tsp. grated fresh ginger
- ½ tsp. lime zest
- ½ tsp. sea salt
- 1½ cups torn fresh spinach leaves
- 1 cup chopped cucumber
- ⅔ cup thinly sliced radishes
- 12 fresh sea scallops
- ¼ tsp. black pepper
- 1 Tbsp. olive oil
- 2 Tbsp. sesame seeds, toasted

1. Using a vegetable spiralizer, julienne cutter, or mandoline, cut zucchini into long, thin noodles. In a 10-inch skillet heat the ½ tsp. olive oil over medium-high. Add zucchini noodles. Cook and stir 1 minute or just until tender; cool.

2. Meanwhile, in a large bowl combine orange juice, vinegar, sesame oil, ginger, lime zest, and ¼ tsp. of the salt. Stir in zucchini noodles, spinach, cucumber, and radishes.

3. Pat scallops dry. Sprinkle with pepper and remaining ¼ tsp. salt. In same skillet heat the 1 Tbsp. olive oil over medium-high. Add scallops; cook 3 to 5 minutes or until browned and opaque, turning once. Serve scallops with zucchini mixture and sprinkle with sesame seeds.

Makes 4 servings (1 cup each).

PER SERVING 227 cal., 10 g fat (1 g sat. fat), 42 mg chol., 527 mg sodium, 9 g carb., 2 g fiber, 3 g sugars, 24 g pro.

LEAN MACHINE

Not all seafood is high in omega-3s. Shrimp and scallops are very lean without many omega-3s, but research shows they're still beneficial and help reduce risk for diabetes. And shellfish contain high amounts of the amino acid taurine, which has shown anti-inflammatory effects.

ROASTED SALMON AND ASPARAGUS WITH DILL-MUSTARD SAUCE

START TO FINISH 45 minutes

- 12 oz. gold and/or purple baby potatoes, halved
- 4 Tbsp. olive oil
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{2}$ tsp. black pepper
- 1 $1\frac{1}{4}$ -lb. fresh skinless salmon fillet, cut into 4 portions
- 2 lemons
- 1 lb. asparagus, trimmed
- 4 fresh dill sprigs
- 3 Tbsp. finely chopped shallot
- 3 Tbsp. Dijon mustard
- 1 Tbsp. drained capers
- $\frac{1}{4}$ cup chopped fresh dill

1. Preheat oven to 425°F. In a medium bowl toss potatoes with 1 Tbsp. of the oil, $\frac{1}{4}$ tsp. of the salt, and $\frac{1}{4}$ tsp. of the pepper. Spread in a 15×10-inch baking pan. Roast 10 minutes.

2. Meanwhile, slice one of the lemons. Squeeze 2 Tbsp. juice from remaining lemon. In same bowl toss asparagus with 1 Tbsp. of the oil and $\frac{1}{4}$ tsp. of the salt.

3. Stir potatoes and add asparagus to pan. Nestle salmon among vegetables. Sprinkle salmon with remaining $\frac{1}{4}$ tsp. salt and top with lemon slices and dill sprigs. Roast 10 minutes more or until salmon flakes easily and vegetables are tender and starting to brown.

4. Meanwhile, for dill sauce, in a 6-inch skillet heat remaining 2 Tbsp. oil over medium. Add shallot; cook and stir 3 minutes or just until starting to brown. Whisk in mustard, capers, lemon juice, and remaining $\frac{1}{4}$ tsp. pepper; heat through. Stir in chopped dill.

5. Serve salmon and vegetables with dill sauce. Makes 4 servings (1 salmon portion + 1 cup vegetables + $1\frac{1}{2}$ Tbsp. sauce each)

PER SERVING 513 cal., 33 g fat (6 g sat. fat), 78 mg chol., 708 mg sodium, 22 g carb., 4 g fiber, 2 g sugars, 33 g pro.

DON'T FEAR FAT

Omega-3 fats found in fatty fish, such as salmon, have been shown to reduce inflammatory markers.



TINNED FIN

Don't overlook anchovies. These little guys—even just a fillet or two—add big flavor to a dish.

DISH UP FISH

There's plenty of fish in the sea, but when it comes to the types with the highest good-for-you omega-3 fat content, these are the best:

- ANCHOVIES
- HERRING
- MACKEREL
- SALMON
- SARDINES
- TROUT
- TUNA

PANTRY PUTTANESCA

START TO FINISH 30 minutes

- 8 oz. dried spaghetti
- $\frac{1}{3}$ cup olive oil
- 3 cloves garlic, minced
- 3 anchovy fillets,* chopped
- 1 tsp. dried oregano, crushed
- $\frac{1}{4}$ tsp. crushed red pepper
- 2 14.5-oz. cans diced tomatoes, drained
- $\frac{1}{2}$ cup chopped pitted Kalamata olives
- $\frac{1}{4}$ cup chopped drained capers
- Fresh oregano (optional)
- Freshly grated Parmesan cheese

1. Cook pasta in a large pot of boiling water according to package directions. Drain, reserving $\frac{1}{2}$ cup of the pasta cooking water. Cover pasta and keep warm.

2. Meanwhile, for sauce, in a 12-inch skillet combine oil and garlic. Cook over medium-low 3 to 5 minutes or until garlic is fragrant and starting to brown, stirring occasionally. Stir in anchovies, dried oregano, and crushed red pepper. Cook and stir 1 to 2 minutes or until anchovies are starting to break down. Stir in tomatoes. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes or until slightly thickened, breaking up tomatoes with the back of a spoon. Stir in olives and capers.

3. Pour sauce over spaghetti. Cook 1 to 2 minutes or until pasta is coated, tossing constantly and thinning with some of the reserved pasta cooking water if needed. If desired, sprinkle with fresh oregano and cheese. **Makes 4 servings** ($1\frac{1}{4}$ cups each).

***TIP** Look for anchovies in flat tins or tiny jars, usually near the canned sardines and tuna.

PER SERVING 465 cal., 23 g fat (3 g sat. fat), 3 mg chol., 1,073 mg sodium, 52 g carb., 4 g fiber, 7 g sugars, 10 g pro.

SESAME TUNA LETTUCE WRAPS

START TO FINISH 15 minutes

- 1 5-oz. can albacore tuna packed in water, drained
- ¼ cup sliced green onion tops
- 2 to 3 Tbsp. light Asian toasted sesame salad dressing
- 1 Tbsp. chopped fresh cilantro
- 1 Tbsp. butter
- 1½ cups sliced or cubed fresh pineapple
- 8 large Bibb lettuce leaves
- ½ cup purchased shredded carrot
- 2 Tbsp. toasted slivered almonds

1. In a small bowl combine tuna, green onion tops, dressing, and cilantro. In a 10-inch nonstick skillet heat butter over medium-high. Add pineapple; cook 4 minutes or until light brown, stirring occasionally.

2. Layer lettuce leaves to make four stacks. Spoon tuna mixture onto lettuce stacks; top with carrot and almonds. Wrap lettuce around tuna mixture to eat. Serve with pineapple. Makes 2 servings (2 wraps + ¾ cup pineapple each).

PER SERVING 267 cal., 13 g fat (4 g sat. fat), 40 mg chol., 351 mg sodium, 22 g carb., 3 g fiber, 15 g sugars, 16 g pro.



TUSCAN TUNA SALAD

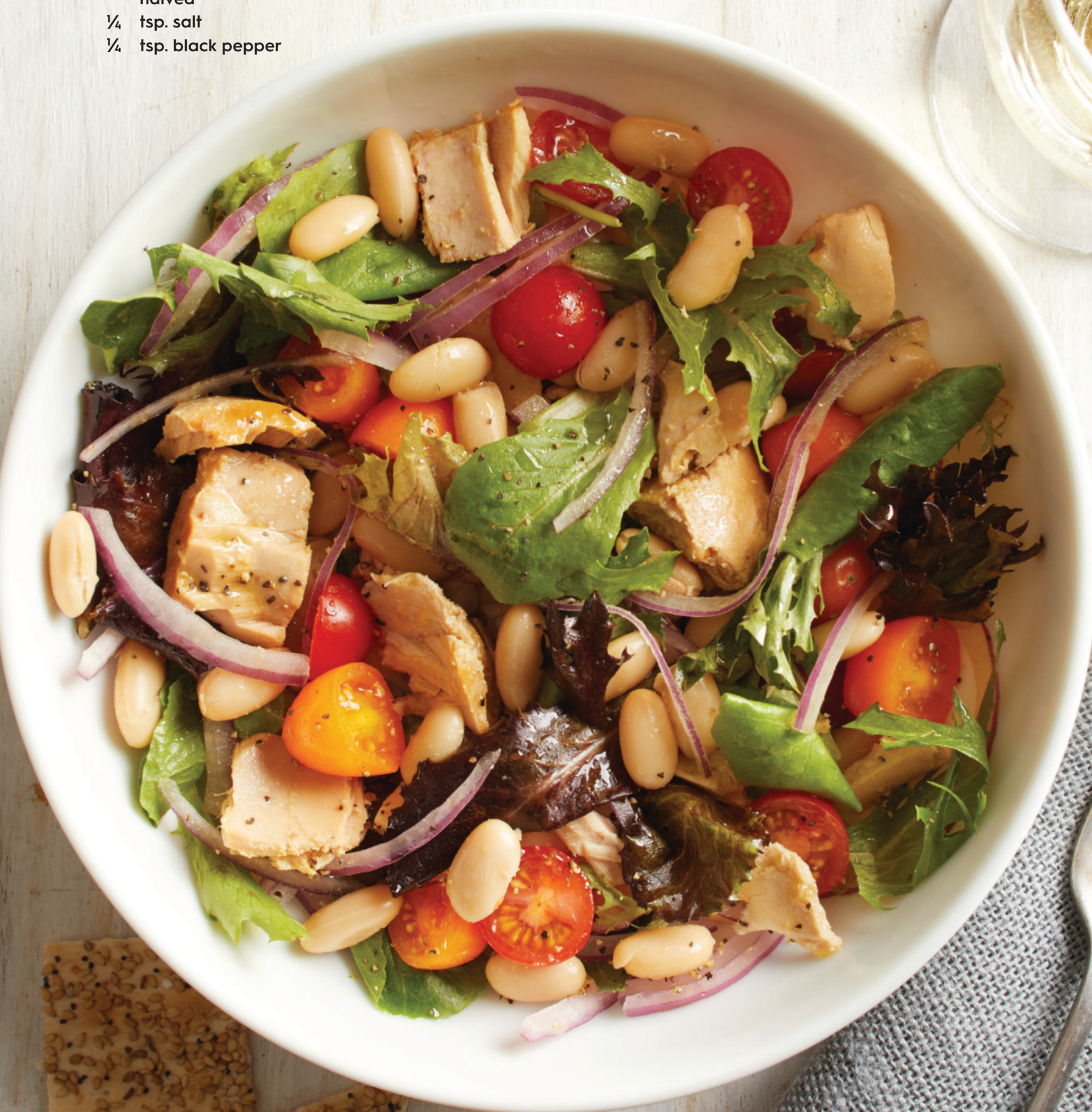
START TO FINISH 10 minutes

- 1 lemon
- 1 15-oz. can cannellini beans, rinsed and drained
- 2 5-oz. cans albacore tuna packed in oil, undrained and broken into chunks
- $\frac{1}{2}$ cup thinly sliced red onion
- 4 cups lightly packed arugula or mixed spring salad greens
- 1 cup grape or cherry tomatoes, halved
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. black pepper

1. Remove 1 tsp. zest and squeeze 3 Tbsp. juice from lemon. In a large bowl combine lemon zest and juice, beans, tuna, and onion. Add arugula and tomatoes; toss to combine. Season with salt and pepper.

Makes 4 servings (2 cups each).

PER SERVING 181 cal., 4 g fat (1 g sat. fat), 31 mg chol., 689 mg sodium, 19 g carb., 6 g fiber, 2 g sugars, 22 g pro.





SCALLOP SIZING

Buy dry-pack sea scallops (not bay scallops) that are sized U/15 or U/10.

SPINACH, SCALLOP, AND QUINOA SALAD WITH ORANGE-POPPY SEED DRESSING

START TO FINISH 30 minutes

- 12 oz. fresh sea scallops
- 2 Tbsp. olive or canola oil (tip, p. 13)
- 4 cups fresh spinach leaves
- 1½ cups cooked quinoa
- 1 cup torn radicchio
- 2 medium oranges, peeled, seeded, and sliced
- ½ of a medium red onion, cut into slivers
- ½ cup dried cranberries
- 1 recipe Orange-Poppy Seed Dressing

1. Pat scallops dry. In a 10-inch skillet heat oil over medium-high. Add scallops; cook 3 to 5 minutes or until browned and opaque, turning once.

2. In a large bowl combine scallops and next six ingredients (through cranberries). Drizzle with Orange-Poppy Seed Dressing; toss to coat. **Makes 6 servings** (1½ cups each).

ORANGE-POPPY SEED DRESSING Remove 1½ tsp. zest from 1 medium orange. Peel, seed, and section orange, reserving juice. In a food processor or blender combine orange zest, sections, and juice; 3 Tbsp. sherry vinegar or cider vinegar; 2 Tbsp. each sugar and Dijon mustard; 1 Tbsp.

finely chopped onion; and dash black pepper. Cover and process or blend until nearly smooth. With processor or blender running, slowly add ½ cup olive or canola oil (tip, p. 13) in a steady stream until mixture is thickened. Transfer to a small bowl. Stir in 1 tsp. poppy seeds. Store in refrigerator up to 1 week. Stir before using. Makes about 1 cup.

PER SERVING 357 cal., 18 g fat (1 g sat. fat), 23 mg chol., 464 mg sodium, 36 g carb., 4 g fiber, 19 g sugars, 15 g pro.



PISTACHIO- CRANBERRY

Prepare as directed, using parsley for Fresh Herb and lemon zest for Citrus Zest. Add 2 Tbsp. each chopped dried cranberries and chopped, roasted pistachio nuts.

PER SERVING: 19 cal.,
74 mg sodium

Adding flavor doesn't have to mean sky-high sodium amounts. Finish off a dish with one of these four refreshing gremolatas that keep salt in check.

GREMOLATA

4 WAYS





CILANTRO-ORANGE

Prepare as directed, using 2 Tbsp. each parsley and cilantro for Fresh Herb and orange zest for Citrus Zest. Replace black pepper with crushed red pepper. Add 1 Tbsp. toasted pine nuts.
PER SERVING: 10 cal., 74 mg sodium

GREMOLATA BASE RECIPE

START TO FINISH 10 minutes

- ¼ cup chopped Fresh Herb
- 2 tsp. Citrus Zest
- 2 cloves garlic, minced
- ¼ tsp. salt
- ⅛ tsp. black pepper

1. In a small bowl combine all the ingredients. Sprinkle onto cooked chicken, seafood, vegetables, pasta, or soups. **Makes 2 servings** (2 Tbsp. each).

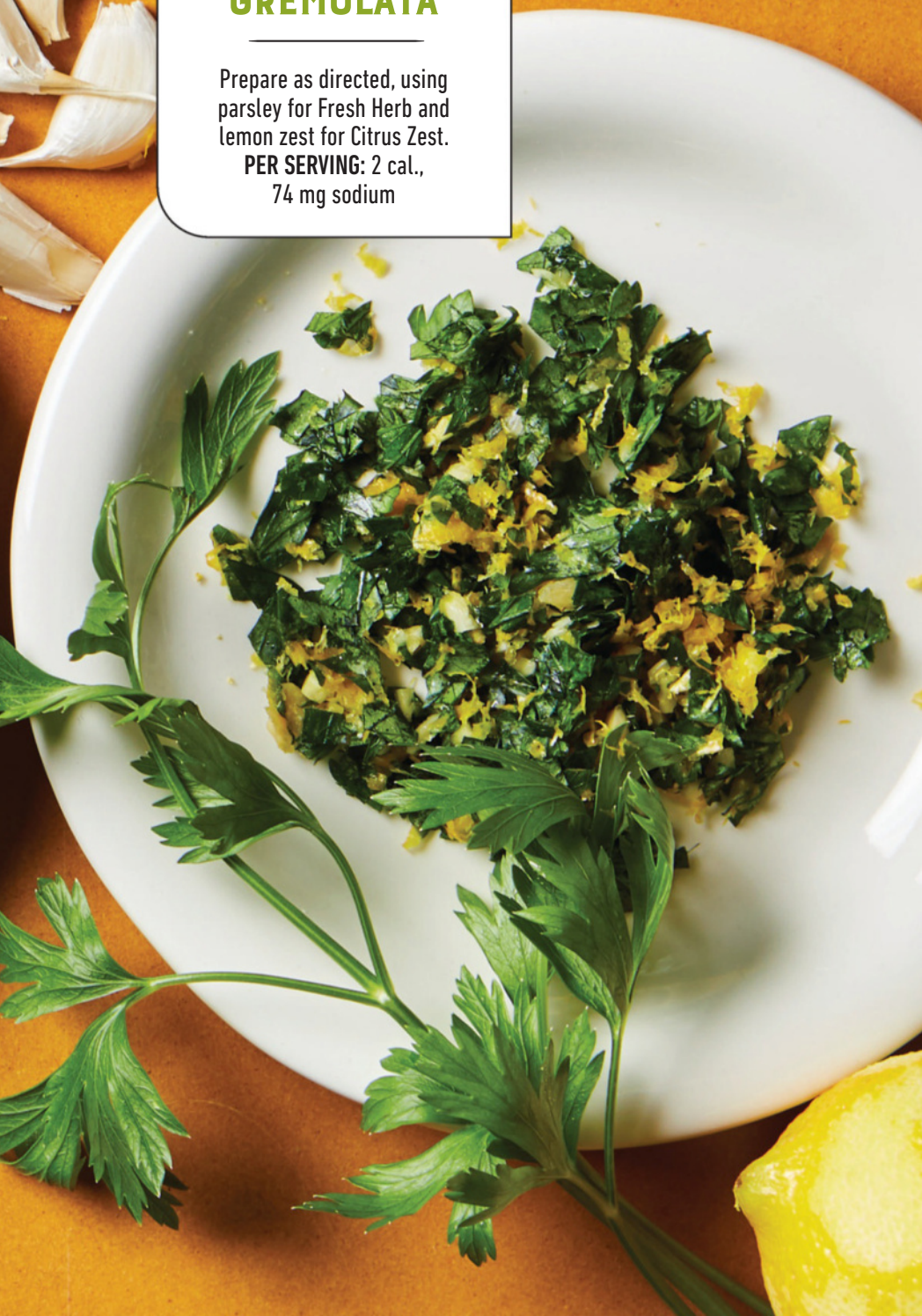


CURRIED PEPITA

Prepare as directed, using basil for Fresh Herb and orange zest for Citrus Zest. Add 2 Tbsp. each salted, roasted pumpkin seeds (pepitas) and orange juice, and 1 tsp. curry powder.
PER SERVING: 14 cal., 84 mg sodium

CLASSIC GREMOLATA

Prepare as directed, using parsley for Fresh Herb and lemon zest for Citrus Zest.
PER SERVING: 2 cal., 74 mg sodium



A.I. IN AN

INSTANT



INSTANT POT CHICKEN CACCIATORE, p. 47



Even pressure cookers can play a part in an anti-inflammation diet. These recipes make good use of the popular countertop appliance and whole, fresh ingredients.



HONEY-ORANGE CHICKEN WITH ZUCCHINI AND ONION, p. 49

How Pressure Cooking Works

PRESSURE COOKERS TRAP STEAM AS IT RISES FROM A BOILING LIQUID, RESULTING IN INCREASED PRESSURE ON THE LIQUID. THIS RAISES THE TEMPERATURE AT WHICH THE LIQUID BOILS. THE HIGH TEMPERATURE COMBINED WITH THE PRESSURE IN THE POT COOKS FOOD MUCH FASTER THAN TRADITIONAL COOKING METHODS.

TURKEY BREAST WITH OLIVES AND LEMON

HANDS ON 20 minutes

PRESSURE COOK 10 minutes

- 2 lb. turkey breast tenderloins, halved horizontally
- $\frac{1}{4}$ tsp. sea salt
- $\frac{1}{4}$ tsp. fresh cracked black pepper
- 1 Tbsp. olive oil
- 1 medium fennel bulb, trimmed, quartered, cored, and sliced (plus chopped leaves)
- $\frac{1}{2}$ cup reduced-sodium chicken broth
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{2}$ cup pitted green olives, quartered
- 1 lemon, thinly sliced

1. Sprinkle turkey with salt and pepper. In a 6-qt. multifunction electric or stove-top pressure cooker heat oil over medium-high. (For electric cooker, use sauté setting.) Add turkey; cook until browned. Add sliced fennel, broth, and lemon juice.

2. Lock lid in place. Set electric cooker on high pressure to cook 10 minutes. For stove-top cooker, bring up to pressure over medium-high; reduce heat enough to maintain steady (but not excessive) pressure. Cook 10 minutes. Remove from heat. For both models, immediately release pressure. Open lid carefully. Stir in olives. Serve turkey and fennel mixture topped with lemon slices and fennel leaves. **Makes 4 servings** ($4\frac{1}{2}$ oz. turkey + $\frac{2}{3}$ cup fennel mixture each).

PER SERVING 277 cal., 10 g fat (1 g sat. fat), 90 mg chol., 585 mg sodium, 9 g carb., 4 g fiber, 4 g sugars, 41 g pro.



UNDER PRESSURE

Cut cooking time in half with a pressure cooker. If memories of your grandmother's pressure cooker hissing on the stove have you hesitating about using one, it is time to reconsider. Modern pressure cookers work silently and have multiple safety measures built into their designs.



Gasket



Pressure valve



Programmable settings



Removable pot liner

ELECTRIC COOKERS

These models look like slow cookers (and often have multiple functions that include slow cooking). They require no supervision during cooking process.

- **CHECK IT OFF** Before using, make sure the gasket is crack-free. Snap it into place as directed in user manual. Check that the pressure valve is free of debris and is in place.
- **BROWN AND SAUTÉ** Most models have a sauté function that allows you to brown meat and veggies. Cook in batches to prevent overcrowding.
- **EVERYTHING IN** Once meat is browned, add other ingredients as directed in the recipe. Lock lid; adjust pressure valve to closed position. Select setting and time. The digital display will indicate when the cooker is up to pressure (about 15 minutes) and the actual cooking time starts to count down.
- **LET OFF STEAM** When the cooking time is done, the cooker will depressurize (called "natural release"). This takes about

15 minutes. When the pressure has dropped, the indicator will sink down and the lid will unlock. If the lid is still locked after 15 minutes of depressurizing, you can open the pressure valve to let out any steam.

- **OPEN CAREFULLY** The food inside is extremely hot. Protect your arms and face when opening the lid.

STOVE-TOP COOKERS

This cooker looks like a 4-qt. saucepan but with a lid that locks tight. It is heated on the stove burner and requires monitoring the pressure regulator during cooking. You can brown meat in this cooker before pressure cooking.

- **USE IT RIGHT** Lock the lid; set the pressure valve per user manual. Bring it up to pressure over medium-high (it's up to pressure when steam exits valve). Reduce heat to maintain pressure (this keeps the pressure indicator up) for the full cooking time. Remove from stove; let pressure come down naturally (watch for pressure indicator to drop).

INSTANT POT CHICKEN CACCIATORE

Pictured on page 44.

HANDS ON 25 minutes

PRESSURE COOK 11 minutes

- 2 Tbsp. olive oil
- 4 6-oz. bone-in chicken thighs, skin removed
- 1½ cups sliced fresh mushrooms
- 1½ cups chopped celery
- ½ cup chopped onion
- 2 cloves garlic, minced
- 1 14.5-oz. can stewed tomatoes, undrained
- 2 Tbsp. tomato paste
- 2 tsp. herbes de Provence
- ¾ cup reduced-sodium chicken broth
- 2 Tbsp. dry red wine
- ¼ tsp. salt
- Polenta (optional)
- Fresh thyme sprigs

1. In a 6-qt. multifunction electric or stove-top pressure cooker heat oil over medium-high. (For electric cooker, use sauté setting.) Add chicken and cook until browned. Remove chicken. Add mushrooms, celery, and onion to cooker. Cook 5 minutes or until softened, stirring occasionally. Add garlic; cook 2 minutes or until fragrant. Return chicken to cooker. Stir in tomatoes, tomato paste, and herbes de Provence. Add broth.
 2. Lock lid in place. Set electric cooker on high pressure to cook 11 minutes. For stove-top cooker, bring up to pressure over medium-high; reduce heat enough to maintain steady (but not excessive) pressure. Cook 11 minutes. Remove from heat. For both models, let stand 15 minutes to release pressure naturally. Release any remaining pressure. Open lid carefully. Remove chicken and, if desired, shred. Cover to keep warm.
 3. For sauce, stir wine and salt into tomato mixture in cooker. Boil gently, uncovered, 10 minutes or until slightly thickened. (For electric cooker, use sauté setting.) If desired, serve chicken and sauce over polenta. Top with thyme.
- Makes 4 servings** (1 chicken thigh + ⅔ cup sauce each).
- PER SERVING** 299 cal., 13 g fat (3 g sat. fat), 133 mg chol., 592 mg sodium, 13 g carb., 3 g fiber, 7 g sugars, 32 g pro.



WHAT'S YOUR BEEF?

To fight inflammation, eat foods high in unsaturated fats, such as fish, regularly. And eat foods high in saturated fat, such as beef, more sparingly. This doesn't mean you can never have red meat—just think of red meat as a treat. Choosing grass-fed over corn-fed beef is another way to ensure more anti-inflammatory omega-3s in your diet.

BEEF AND BROCCOLI

HANDS ON 30 minutes

PRESSURE COOK 15 minutes

- 1½ to 1¾ lb. beef flank steak or bottom round steak, trimmed of fat
- 2 cups sliced yellow onion
- ½ cup low-sodium beef broth
- ½ cup reduced-sodium soy sauce
- 3 Tbsp. hoisin sauce
- 2 Tbsp. packed dark brown sugar
- 1 Tbsp. rice wine vinegar or cider vinegar
- 5 cloves garlic, minced
- 1 Tbsp. grated fresh ginger
- 3 Tbsp. water
- 1 Tbsp. cornstarch
- 4 cups fresh broccoli florets
- Hot cooked brown rice or rice noodles (optional)
- Toasted sesame seeds (optional)

- 1.** Cut meat across the grain into four to six portions. In a 6-qt. multifunction electric or stove-top pressure cooker combine meat and onion. In a small bowl combine next seven ingredients (through ginger); pour over meat mixture.
- 2.** Lock lid in place. Set electric cooker on high pressure to cook 15 minutes. For stove-top cooker, bring up to pressure over medium-high; reduce heat enough to maintain steady (but not excessive) pressure. Cook 15 minutes. Remove from heat. For both models, immediately release pressure. Open lid carefully. Remove meat; cover to keep warm.
- 3.** In a small bowl combine the water and cornstarch; stir into cooking liquid. Add broccoli. Simmer, covered, 15 minutes or until liquid is thickened and bubbly and broccoli is crisp-tender. (For electric cooker, use sauté setting.)

- 4.** Thinly slice meat across the grain. Stir meat into broccoli mixture. If desired, serve over rice and top with sesame seeds. **Makes 6 servings** (about 1 cup each).

SLOW COOKER DIRECTIONS Cut meat into portions as directed. In a 3½- or 4-qt. slow cooker combine meat and onion. In a small bowl combine next seven ingredients (through ginger); pour over meat mixture. Cover and cook on low 8 to 10 hours. Remove meat; cover to keep warm. Turn heat setting to high. In a small bowl combine the water and cornstarch; stir into cooking liquid. Add broccoli. Cover and cook 15 minutes more or until liquid is thickened and bubbly and broccoli is crisp-tender. Continue as directed in Step 4.

PER SERVING 273 cal., 8 g fat (3 g sat. fat), 43 mg chol., 843 mg sodium, 23 g carb., 3 g fiber, 11 g sugars, 28 g pro.

HONEY-ORANGE CHICKEN WITH ZUCCHINI AND ONION

Pictured on page 45.

HANDS ON 15 minutes

PRESSURE COOK 10 minutes

- 1 tsp. garlic powder
- 1 tsp. paprika
- ½ tsp. sea salt
- ¼ tsp. black pepper
- 2 lb. skinless, boneless chicken thighs
- 2 medium oranges
- 1 Tbsp. olive or coconut oil
- 1 cup halved and thinly sliced onion
- 3 Tbsp. raw honey
- 2 medium zucchini, halved lengthwise and cut into ½-inch pieces
- 2 Tbsp. chopped fresh cilantro
- 1 clove garlic, minced

1. For rub, in a small bowl stir together garlic powder, paprika, salt, and pepper. Sprinkle mixture over chicken; rub in with your fingers. Remove 1 tsp. zest and squeeze ½ cup juice from oranges.

2. In a 6-qt. multifunction electric or stove-top pressure cooker heat oil over medium-high. (For electric cooker, use sauté setting.) Add chicken, in batches if needed, and cook until browned. Return all chicken to cooker. Add orange juice, onion, and 2 Tbsp. of the honey.

3. Lock lid in place. Set electric cooker on high pressure to cook 10 minutes. For stove-top cooker, bring up to pressure over medium-high; reduce heat enough to maintain steady (but not excessive) pressure. Cook 10 minutes. Remove from heat. For both models, immediately release pressure. Open lid carefully. Transfer chicken and onion to a platter.

4. Add zucchini to cooking liquid in cooker. Simmer, uncovered, 3 to 5 minutes or until zucchini is tender. (For electric cooker, use sauté setting.) Using a slotted spoon, transfer zucchini to platter with chicken. Drizzle with remaining 1 Tbsp. honey. In a small bowl combine orange zest, cilantro, and garlic. Sprinkle over chicken and vegetables. **Makes 6 servings** (1 cup each).

PER SERVING 262 cal., 14 g fat (3 g sat. fat), 117 mg chol., 575 mg sodium, 17 g carb., 2 g fiber, 14 g sugars, 29 g pro.



LOIN BACK RIBS WITH APPLE-SHALLOT MAPLE GLAZE

HANDS ON 20 minutes

PRESSURE COOK 25 minutes

3½ to 4 lb. pork loin back ribs

- 2 tsp. onion powder
- 2 tsp. ground ginger
- 1 tsp. salt
- 1 tsp. dry mustard
- 1 tsp. black pepper
- ¾ cup water
- 1 recipe Apple-Shallot Maple Glaze

1. Cut ribs into two-rib portions. For rub, in a small bowl combine next five ingredients (through pepper). Sprinkle mixture over ribs; rub in with your fingers. Place ribs in a 6-qt. multifunction electric or stove-top pressure cooker. Add the water.

2. Lock lid in place. Set electric cooker on high pressure to cook 25 minutes. For stove-top cooker, bring up to pressure over medium-high; reduce heat enough to maintain steady (but not excessive) pressure. Cook 25 minutes. Remove from heat. For both models, let stand 15 minutes to release pressure naturally. Release any remaining pressure. Open lid carefully.

3. Meanwhile, preheat broiler. Line a large shallow baking pan with foil. Place ribs in a single layer in prepared pan. Brush with some of the Apple-Shallot Maple Glaze. Broil 5 to 6 inches from heat 4 to 6 minutes or just until glaze is starting to brown, brushing once with additional glaze. Serve ribs with remaining glaze.

Makes 8 servings (7 oz. ribs + 2 Tbsp. glaze each).

APPLE-SHALLOT MAPLE GLAZE In a medium saucepan heat 2 Tbsp. vegetable oil over medium-low. Add ½ cup finely chopped shallots; cook 5 minutes or until tender, stirring occasionally. Whisk in 1¾ cups apple juice, one 6-oz. can tomato paste, ½ cup pure maple syrup, ¼ cup cider vinegar, and 2 Tbsp. spicy brown mustard. Add 1 fresh rosemary sprig. Bring to boiling, stirring frequently; reduce heat. Simmer, uncovered, 15 minutes or until thickened. Cool slightly; remove and discard rosemary.

SLOW COOKER DIRECTIONS Place spice-rubbed ribs in a 5- to 6-qt. slow cooker. Add the water. Cover and cook on low 6 to 7 hours or high 3 to 3½ hours. Continue as directed in Step 3.

PER SERVING 274 cal., 11 g fat (4 g sat. fat), 65 mg chol., 622 mg sodium, 21 g carb., 1 g fiber, 17 g sugars, 22 g pro.



SPICY BEEF STEW

HANDS ON 30 minutes

PRESSURE COOK 12 minutes

- 2 tsp. ground cumin
- 1 tsp. salt
- 1 tsp. garlic powder
- 2 Tbsp. coconut oil
- 1 lb. lean ground beef
- 1 lb. boneless beef chuck, trimmed of fat and cut into 1-inch pieces
- 2 28-oz. cans organic crushed tomatoes
- 2 cups coarsely chopped sweet onion
- 2 cups coarsely chopped yellow, orange, and/or red bell peppers
- 1½ cups peeled and coarsely chopped sweet potato
- 1 cup beef broth
- 2 to 3 canned chipotle peppers in adobo sauce, chopped
- ¼ cup chopped fresh cilantro

1. In a small bowl stir together cumin, salt, and garlic powder.

2. In a 6-qt. multifunction electric or stove-top pressure cooker heat 1 Tbsp. of the oil over medium-high. (For electric cooker, use sauté setting.) Add ground beef and half of the spice mixture. Cook until meat is browned; remove from cooker. Heat remaining 1 Tbsp. oil in cooker. Add meat pieces and remaining spice mixture. Cook until meat is browned. Return ground meat to cooker. Stir in next six ingredients (through chipotle peppers).

3. Lock lid in place. Set electric cooker on high pressure to cook 12 minutes. For stove-top cooker, bring up to pressure over medium-high; reduce heat enough to maintain steady (but not excessive) pressure. Cook 12 minutes. Remove from heat. For both models, let stand 15 minutes to release pressure naturally. Release any remaining pressure. Open lid carefully. Stir in cilantro. **Makes 10 servings** (1⅓ cups each).

PER SERVING 262 cal., 10 g fat (5 g sat. fat), 59 mg chol., 720 mg sodium, 22 g carb., 5 g fiber, 10 g sugars, 23 g pro.

COCONUT CURRY CHICKEN

HANDS ON 20 minutes

PRESSURE COOK 5 minutes

- 2 lb. skinless, boneless chicken thighs, cut into 1½-inch pieces
- 2 cups chopped tomatoes
- 1 cup halved and sliced onion
- 1 medium orange or yellow bell pepper, cut into 1-inch pieces
- 4 cloves garlic, minced
- 1 Tbsp. curry powder
- ¾ tsp. sea salt

- ¼ tsp. cayenne pepper
- ¾ cup unsweetened light coconut milk
- Hot cooked cauliflower rice

1. In a 6-qt. multifunction electric or stove-top pressure cooker combine first eight ingredients (through cayenne pepper). Stir in coconut milk.

2. Lock lid in place. Set electric cooker on high pressure to cook 5 minutes. For stove-top cooker, bring up to pressure over medium-high; reduce heat enough to maintain steady (but not excessive) pressure. Cook 5 minutes. Remove from heat. For both models, immediately release pressure. Open lid carefully. Serve over cauliflower rice. **Makes 6 servings** (1¼ cups each).

PER SERVING 252 cal., 8 g fat (3 g sat. fat), 142 mg chol., 341 mg sodium, 12 g carb., 3 g fiber, 5 g sugars, 33 g pro.

WHEN TO USE A PRESSURE COOKER

You can use a pressure cooker for just about any kind of moist-heat cooking. It's ideal for braised dishes—stews, pot roast, or dried beans—that take a long time to cook with traditional cooking methods. It's also useful for stewing chilis and broths because pressure cooking intensifies flavors, for “boiling” eggs because of the precise timing the cooker provides, and for cooking vegetables.



noodle
POWER
= BOWLS =

Fighting inflammation has never been easier with these veggie noodles.
Top with protein and flavorful mix-ins, then twirl and slurp away!

TURNIP NOODLE BOWLS WITH SALMON AND CARROT- GINGER CURRY SAUCE

START TO FINISH 40 minutes

- 3 Tbsp. olive oil
- 1 medium leek (pale green and white parts), cut into thin 2-inch strips
- 1 cup asparagus pieces
- ½ cup bias-sliced celery, leaves reserved
- ¼ tsp. salt
- ¼ tsp. black pepper
- 4 4- to 6-oz. fresh skinless salmon fillets
- 2 turnips, peeled and spiralized (4 cups)
- ¾ cup Carrot-Ginger Curry Sauce, warmed

1. In a 12-inch skillet heat 2 Tbsp. of the oil over medium-high. Add leeks; cook 3 to 5 minutes or until brown and crisp, stirring frequently. Drain on paper towels.

2. Add asparagus and celery to skillet. Cook 4 to 5 minutes or until tender, stirring occasionally. Sprinkle with ⅛ tsp. of the salt and ⅛ tsp. of the pepper. Remove from skillet; keep warm.

3. Sprinkle salmon with the remaining ⅛ tsp. salt and ⅛ tsp. pepper. In same skillet heat remaining 1 Tbsp. oil over medium-high. Add salmon; cook 4 to 6 minutes per ½-inch thickness or just until salmon flakes, turning once. Remove from skillet; keep warm.

4. Add turnip noodles to skillet. Cook and toss with tongs 4 to 5 minutes or until tender.

5. Divide Carrot-Ginger Curry Sauce, salmon, turnip noodles, and asparagus mixture among bowls. Top with leeks and celery leaves. **Makes 4 servings** (1 salmon fillet + 1 cup vegetables each).

CARROT-GINGER CURRY SAUCE In a 4-qt. heavy Dutch oven bring 3 cups water to boiling. Add 1 lb. thinly sliced carrots. Return to boiling; reduce heat. Simmer, covered, 5 to 7 minutes or until carrots are tender; drain. In same pan combine cooked carrots; 1½ cups reduced-sodium chicken broth; one 13.5-oz. can unsweetened coconut milk; 2 Tbsp. each chopped shallot and grated fresh ginger; 4 cloves garlic, minced; 1 Tbsp. curry powder; ½ tsp. salt; and dash black pepper. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes. Cool slightly. Transfer carrot mixture to a food processor or blender. Cover and pulse until smooth. Store in refrigerator up to 1 week or freeze up to 1 month. To use, thaw in refrigerator overnight if frozen. Heat through before serving. **Makes 4 cups.**

PER SERVING 465 cal., 30 g fat (13 g sat. fat), 62 mg chol., 859 mg sodium, 22 g carb., 6 g fiber, 9 g sugars, 26 g pro.



BUTTERNUT BURRITO BOWLS

START TO FINISH 30 minutes

- 2 tsp. ground cumin
- ½ tsp. sea salt
- ½ tsp. garlic powder
- ¼ tsp. cayenne pepper
- 2 Tbsp. olive oil
- 1 lb. butternut squash,* peeled and spiralized (3 cups)
- 2 medium red and/or yellow bell peppers, cut into bite-size strips
- 1 lime, halved
- 1 medium avocado, halved, seeded, peeled, and chopped
- ⅔ cup Fresh Salsa or purchased fresh salsa
- Chopped fresh cilantro



BUY IT

Not into DIY? Green Giant offers several types of spiralized vegetables. Find them in the freezer section.

1. In a large bowl combine cumin, salt, garlic powder, and cayenne pepper. Stir in oil. Add squash noodles and bell peppers; toss to coat.

2. Squeeze 1 Tbsp. juice from one lime half. Cut remaining lime half into wedges. Heat a 12-inch skillet over medium. Add squash mixture; cook 2 to 3 minutes or until crisp-tender, gently stirring occasionally. Stir in lime juice.

3. Divide squash mixture among bowls. Top with avocado, Fresh Salsa, and cilantro. Serve with lime wedges. **Makes 4 servings** (1 cup squash mixture + 3 Tbsp. avocado + 2½ Tbsp. salsa each).

FRESH SALSA In a medium bowl combine 4 fresh tomatillos, husked and finely chopped; ¾ cup finely chopped yellow cherry tomatoes; ⅔ cup finely chopped roma tomatoes; ¼ cup finely chopped red onion; 1 Tbsp. each chopped fresh

cilantro and lime juice; and 1 fresh serrano chile pepper, seeded and finely chopped (tip, p. 96). Season to taste with sea salt and black pepper. Cover and chill 1 to 24 hours.

***TIP** Look for a butternut squash with a narrow neck to make spiralizing easier.

PER SERVING 202 cal., 12 g fat (2 g sat. fat), 0 g chol., 436 mg sodium, 23 g carb., 6 g fiber, 6 g sugars, 3 g pro.

Power Up
**TO BOOST PROTEIN, TOP
THIS BOWL WITH COOKED
SHRIMP, PORK, CHICKEN,
OR A FRIED EGG.**





BEET NOODLE BOWLS WITH FLANK STEAK AND CHIMICHURRI SAUCE

START TO FINISH 40 minutes

- 2 large beets (1 lb.), peeled and trimmed
- 1 medium orange
- 1 lb. beef flank steak, trimmed of fat
- ½ tsp. sea salt
- ¼ tsp. black pepper
- 1 Tbsp. olive oil
- 4 cups arugula, spinach, and/or torn beet greens
- ¼ cup chopped walnuts, toasted
- ¼ cup Chimichurri Sauce

1. Preheat broiler. Using a vegetable spiralizer, cut beets into noodles. Remove 1 tsp. zest from orange. Peel and section

orange, working over a bowl to catch juice. Remove any seeds.

2. Score both sides of meat in a diamond pattern by making shallow diagonal cuts at 1-inch intervals. Sprinkle with ¼ tsp. of the salt and ⅛ tsp. of the pepper.

3. Place meat on the unheated rack of a broiler pan. Broil 4 to 5 inches from heat 13 to 16 minutes for medium (145°F), turning once. (Or grill meat, covered, over medium 13 to 16 minutes for medium [145°F], turning once.) Place meat on a cutting board. Cover lightly with foil and let stand 5 minutes. Thinly slice meat across the grain.

4. Meanwhile, in a 10-inch skillet heat oil over medium. Add beet noodles; cook and toss with tongs 6 to 8 minutes or until tender. Sprinkle with remaining ¼ tsp. salt

and ⅛ tsp. pepper and drizzle with reserved orange juice.

5. Divide noodles, meat, arugula, orange sections, and walnuts among bowls. Top with Chimichurri Sauce and sprinkle with orange zest. **Makes 4 servings** (2½ cups each).

CHIMICHURRI SAUCE In a food processor or blender combine 1 cup packed fresh flat-leaf parsley; 2 Tbsp. each finely chopped shallot, chopped fresh oregano, red wine vinegar, and lime juice; 1 Tbsp. olive oil; 2 cloves garlic, minced; and ¼ tsp. each salt and crushed red pepper. Cover and process or blend until finely chopped.

PER SERVING 445 cal., 30 g fat (9 g sat. fat), 71 mg chol., 536 mg sodium, 14 g carb., 4 g fiber, 9 g sugars, 30 g pro.



NOODLE-WORTHY VEGGIES

Opt for vegetables that are solid and firm.

- beets
- butternut squash
- carrots
- kohlrabi
- parsnips
- sweet potatoes
- zucchini

GINGER PORK NOODLE BOWLS

START TO FINISH 25 minutes

- 1 Tbsp. olive oil
- 1 lb. pork tenderloin, trimmed and cut into bite-size pieces
- ¼ tsp. salt
- ¼ tsp. black pepper
- 2 cups bone or chicken broth
- ½ cup rice vinegar
- 1 tsp. crushed red pepper
- 1 Tbsp. honey
- ½ tsp. grated fresh ginger
- 12 oz. fresh or frozen spiralized carrots (thawed if frozen)

- ¼ cup thinly sliced radishes
- ¼ cup thinly sliced English cucumber
- ¼ cup thinly sliced red onion
- 2 Tbsp. chopped fresh cilantro
- Sriracha sauce

1. In a 12-inch straight-sided skillet heat oil over medium-high. Add pork to skillet; season with salt and black pepper. Cook 5 minutes or until no longer pink and edges are browned.

2. Stir in the next five ingredients (through ginger). Cook and stir just until boiling. Stir in spiralized carrots. Cook about 2 minutes or until heated through and tender.

3. Divide pork mixture among bowls. Top with radishes, cucumber, red onion, cilantro, and sriracha. **Makes 4 servings** (1½ cups meat mixture + about 3 Tbsp. toppers each).

PER SERVING 229 cal., 6 g fat (4 g sat. fat), 74 mg chol., 399 mg sodium, 15 g carb., 3 g fiber, 10 g sugars, 25 g pro.

SPAGHETTI SQUASH SHRIMP SCAMPI

START TO FINISH 40 minutes

- 1 2½-lb. spaghetti squash
- ½ tsp. sea salt
- ½ tsp. cracked black pepper
- 3 Tbsp. olive oil
- 1½ lb. fresh or frozen large shrimp in shells
- 3 Tbsp. lemon juice
- 3 cloves garlic, minced
- Lemon wedges
- 2 Tbsp. chopped fresh flat-leaf parsley
- Crushed red pepper
- Lemon-pepper seasoning

1. Preheat oven to 400°F. Line a baking sheet with foil. Halve squash lengthwise; remove and discard seeds. Sprinkle with ¼ tsp. of the salt and ¼ tsp. of the black pepper. Drizzle all sides with 1 Tbsp. of

the oil. Place squash halves, cut sides down, on prepared baking sheet. Roast 40 to 50 minutes or until tender.

2. Meanwhile, thaw shrimp if frozen. Peel and devein shrimp, leaving tails intact if desired. On eight 6-inch skewers, thread shrimp, leaving ¼ inch between pieces.* Drizzle with 1 Tbsp. of the oil and the lemon juice; sprinkle with garlic and remaining ¼ tsp. salt and ¼ tsp. black pepper.

3. Grill shrimp skewers, covered, over medium 5 to 8 minutes or until shrimp are opaque, turning once. Remove shrimp from skewers.

4. Using a fork, remove squash pulp from shells and divide among bowls.

Top with shrimp. Squeeze lemon wedges over shrimp and drizzle with remaining 1 Tbsp. oil. Sprinkle with parsley, crushed red pepper, and lemon-pepper seasoning. **Makes 4 servings** (6 shrimp + ¾ cup squash each).

***TIP** If using wooden skewers, soak in water 30 minutes before threading.

STOVE-TOP DIRECTIONS Heat a lightly greased 10-inch skillet or a grill pan over medium-high. Add shrimp and cook 6 to 10 minutes or until opaque, turning once.

PER SERVING 225 cal., 12 g fat (1 g sat. fat), 179 mg chol., 532 mg sodium, 13 g carb., 4 g fiber, 1 g sugars, 21 g pro.





KOHLRABI NOODLE BOWLS WITH MUSTARD CREAM, PORK TENDERLOIN, AND SAUTÉED APPLES

START TO FINISH 30 minutes

- 1 lb. white or purple kohlrabi, peeled and trimmed
- 1 red apple (such as Braeburn or Jonathan), cored
- ½ cup Cashew Cream
- 1 Tbsp. whole grain mustard
- 1 lb. pork tenderloin, trimmed of fat and cut into 1-inch slices
- ½ tsp. sea salt
- ½ tsp. black pepper
- 2 Tbsp. olive oil
- ½ cup chopped inner celery stalks with leaves
- ½ cup thin wedges red onion
- 1 Tbsp. chopped fresh dill
- Lemon wedges

1. Using a vegetable spiralizer, cut kohlrabi and apple into noodles. Cut into shorter lengths. In a small bowl combine Cashew Cream and mustard.

2. Using the flat side of a meat mallet, flatten meat between two pieces of plastic wrap until ¼ inch thick. Sprinkle with ¼ tsp. of the salt and ¼ tsp. of the pepper.

3. In a 10-inch skillet heat 1 Tbsp. of the oil over medium-high. Add half the meat; cook 2 to 3 minutes or until slightly pink in center, turning once. Remove from skillet; keep warm. Repeat with remaining oil and meat.

4. Add celery and onion to skillet. Cook over medium 3 minutes or until tender and light brown, stirring occasionally. Remove from skillet; keep warm. Add kohlrabi and apple noodles to skillet; cook 3 to 5 minutes or until tender.

Sprinkle with remaining ¼ tsp. salt and ¼ tsp. pepper.

5. Divide kohlrabi and apple noodles, meat, celery mixture, and mustard cream among bowls. Sprinkle with dill and serve with lemon wedges. **Makes 4 servings** (1 cup noodles + 3 slices meat + ¼ cup celery mixture + 2 Tbsp. cream each).

CASHEW CREAM In a small bowl combine 1 cup raw cashews and enough boiling water to cover. Let stand, covered, 30 minutes; drain. In a food processor combine cashews; ½ cup water; 2 tsp. cider vinegar; 1 tsp. lime juice; 1 small clove garlic, minced; and ⅛ tsp. salt. Cover and process until smooth, adding additional water as needed to reach desired consistency.

PER SERVING 357 cal., 17 g fat (3 g sat. fat), 70 mg chol., 493 mg sodium, 25 g carb., 8 g fiber, 11 g sugars, 28 g pro.

ZOODLES WITH TOMATO SAUCE AND SAUSAGE

START TO FINISH 1 hour 45 minutes

- 4 lb. tomatoes, halved, cored, and seeded
- 1 medium red bell pepper, halved and seeded
- 2 Tbsp. olive oil
- 1 cup chopped sweet onion
- 4 cloves garlic, minced
- 1 Tbsp. white balsamic vinegar
- $\frac{3}{4}$ tsp. black pepper
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{2}$ cup chopped fresh basil, flat-leaf parsley, and/or oregano
- Nonstick cooking spray
- 3 3-oz. links cooked chicken sausage, sliced diagonally
- 24 cups zucchini or yellow summer squash noodles (6 large zucchini)*

1. Preheat broiler. Brush tomatoes and bell pepper with 1 Tbsp. of the oil. Arrange half the tomatoes and the bell

pepper, cut sides down, in a 15×10-inch baking pan. Broil 5 to 6 inches from heat 8 to 10 minutes or until charred. Remove from pan; wrap pepper in foil. Repeat with remaining tomatoes. Let tomatoes and pepper stand 20 minutes or until cool enough to handle. Peel off and discard skins. Chop tomatoes and pepper.

2. In a large saucepan heat remaining 1 Tbsp. oil over medium. Add onion and garlic; cook 5 to 7 minutes or until onion is tender, stirring occasionally. Add tomatoes, bell pepper, vinegar, $\frac{1}{4}$ tsp. of the black pepper, and the salt. Bring to boiling; reduce heat. Simmer, uncovered, 20 to 30 minutes or until tomatoes have broken down, stirring occasionally. Cool slightly. Blend with an immersion blender until smooth. Stir in herbs. Transfer 2 cups of the sauce to a freezer container, let cool, and freeze up to 3 months.

3. Meanwhile, coat a 12-inch nonstick skillet with cooking spray; heat skillet over medium. Add sausage; cook 5 minutes or

until browned, stirring occasionally. Stir into warm sauce.

4. Coat same skillet with cooking spray; heat skillet over medium-high. Add half the zoodles; cook and toss with tongs 2 to 3 minutes or until tender. Sprinkle with $\frac{1}{4}$ tsp. of the black pepper. Remove from skillet. Repeat with remaining zoodles and $\frac{1}{4}$ tsp. black pepper. Serve sauce over hot zoodles and sprinkle with additional fresh basil. **Makes 6 servings** (2 cups zoodles + $\frac{1}{2}$ cup sauce each).

TO USE FROZEN SAUCE Thaw in refrigerator overnight. Reheat in a medium saucepan over medium-low until heated through. Use as desired.

***TIP** Use a vegetable spiralizer to cut zucchini into noodles or look for them already prepared in the produce aisle of your supermarket. You really do want 24 cups of zoodles because you will have half as much after cooking.

PER SERVING 175 cal., 7 g fat (2 g sat. fat), 30 mg chol., 313 mg sodium, 20 g carb., 4 g fiber, 15 g sugars, 11 g pro.



OUR FAVORITE SPIRALIZER

The manual OXO Good Grips Tabletop Spiralizer outperformed the others in our Test Kitchen. A suction cup on the bottom anchors it to your countertop, preventing it from moving or slipping while in use. It includes a container for the blades so you don't lose them or risk cutting yourself on them when not in use. \$48; oxo.com

your GOOD SIDE

Fill out your plate with one of these quick-to-prepare or make-ahead side dishes. Each boasts anti-inflammatory produce and good-for-you flavor boosters.

ROASTED GRAPES AND CARROTS

HANDS ON 10 minutes

ROAST 20 minutes at 375°F

- 1 16-oz. pkg. peeled baby carrots, halved lengthwise if large
- 1 cup red onion wedges
- 2 Tbsp. olive oil
- 1 tsp. ground cumin
- ½ tsp. crushed red pepper
- ¼ tsp. salt
- 1 lb. red seedless grapes

1. Preheat oven to 375°F. Line a 15×10-inch baking pan with foil. In a large bowl combine carrots and onion. Drizzle with oil and sprinkle with cumin, crushed red pepper, and salt; toss to coat. Spread vegetables in prepared pan.

2. Roast 15 minutes or until carrots start to soften. Add grapes. Roast 5 to 10 minutes more or until carrots are tender and grapes start to split. **Makes 6 servings** (¾ cup each).

PER SERVING 129 cal., 5 g fat (1 g sat. fat), 0 mg chol, 159 mg sodium, 20 g carb., 3 g fiber, 17 g sugars, 2 g pro.



Flavor Booster

CUMIN AND CRUSHED RED
PEPPER ADD A SURPRISING
HINT OF SMOKY TEX-MEX
FLAVOR TO SWEET GRAPES
AND CARROTS.



SIMPLY DRESSED

Cinnamon and lemon might not seem like a natural pair, but cinnamon's sweetness and lemon's tartness combine so you can cut down on salt and blood pressure-inducing sodium.

< CINNAMON-SPICED BRUSSELS SPROUTS

START TO FINISH 15 minutes

- 3 Tbsp. olive oil
- 1 tsp. ground cinnamon
- 6 cups shaved Brussels sprouts
- 1 Tbsp. lemon juice
- ¼ tsp. salt
- ⅛ tsp. black pepper

1. In a 10-inch skillet heat oil over medium-low. Stir in cinnamon. Increase heat to medium-high. Add Brussels sprouts. Cook 5 minutes or just until sprouts are tender, stirring occasionally. Remove from heat. Drizzle with lemon juice and sprinkle with salt and pepper.

Makes 4 servings (¾ cup each).

PER SERVING 120 cal., 10 g fat (1 g sat. fat), 0 mg chol., 162 mg sodium, 7 g carb., 3 g fiber, 2 g sugars, 2 g pro.

ORZO PASTA SALAD >

START TO FINISH 40 minutes

- 1 Tbsp. olive oil
- 1 10-oz. container cherry or grape tomatoes
- 1½ cups dried whole wheat orzo pasta
- ⅓ cup olive oil
- ¼ cup lemon juice
- 2 cloves garlic, minced
- ½ tsp. salt
- ½ tsp. dried Italian seasoning, crushed
- ¼ tsp. crushed red pepper
- 2 cups chopped fresh spinach
- 1 6-oz. jar marinated artichoke hearts, drained and chopped
- 1 cup chopped red, yellow, or orange bell pepper
- ½ cup pitted Kalamata olives, halved
- ½ cup chopped toasted walnuts
- Fresh basil

1. In a 12-inch skillet heat 1 Tbsp. oil over medium-high. Add tomatoes. Cook 3 to 5 minutes or until tomatoes are softened and light brown, stirring occasionally; cool.

2. Meanwhile, cook pasta in large pot of boiling water according to package directions; drain. Rinse with cold water; drain again.

3. In a large bowl whisk together next six ingredients (through crushed red pepper). Add pasta, tomatoes, spinach, artichokes, bell pepper, olives, and walnuts; toss to coat. If desired, chill up to 1 hour. To serve, sprinkle with fresh basil. **Makes 6 servings** (1 cup each).

PER SERVING 403 cal., 25 g fat (3 g sat. fat), 0 mg chol., 487 mg sodium, 37 g carb., 9 g fiber, 3 g sugars, 8 g pro.



Flavor Booster

GARLIC AND BASIL HAVE LONG COMPLEMENTED EACH OTHER. EVEN BETTER? THEY BOTH BOAST ANTIOXIDANT PROPERTIES.

RICED CAULIFLOWER > TABBOULEH

HANDS ON 20 minutes

STAND 1 hour

- 3 Tbsp. olive oil
- 5 cups finely chopped cauliflower or two 10-oz. pkg. riced cauliflower
- 1½ tsp. kosher salt
- 2 lemons
- ½ tsp. sugar
- 1 cup chopped fresh herbs, such as mint, parsley, and/or dill
- 1 cup cherry tomatoes, halved
- 1 cup chopped, seeded cucumber
- ½ cup sliced green onions
- ½ cup sunflower kernels
- Lemon wedges (optional)

1. In a 12-inch nonstick skillet heat oil over medium-high. Add cauliflower and 1 tsp. of the salt. Cook 5 minutes or until cauliflower is crisp-tender, stirring occasionally. Spread cauliflower on a large baking sheet to cool.

2. Remove 1 Tbsp. zest and squeeze ¼ cup juice from lemons. In a large bowl combine lemon zest and juice, sugar, and remaining ½ tsp. salt. Stir in cauliflower, herbs, tomatoes, cucumber, and green onions. Cover and let stand at room temperature 1 hour, stirring occasionally.

3. Stir in sunflower kernels. If desired, drizzle servings with additional oil and serve with lemon wedges. **Makes**

4 servings (1½ cups each).

PER SERVING 241 cal., 19 g fat (2 g sat. fat), 0 mg chol., 576 mg sodium, 16 g carb., 6 g fiber, 6 g sugars, 7 g pro.



FRESH TAKE

Employ all your favorite herbs, such as mint, parsley, and dill, to add refreshing flavor and a low-calorie antioxidant boost.



< VEGAN BLACK BEAN AND SWEET POTATO SALAD

HANDS ON 15 minutes

ROAST 20 minutes at 450°F

- 1 lb. sweet potatoes, peeled and cut into ¾-inch pieces
- 3 Tbsp. olive oil
- ½ tsp. salt
- ½ tsp. ground cumin
- ¼ tsp. crushed red pepper
- ¼ tsp. black pepper
- 2 Tbsp. lime juice
- 1 14.5-oz. can reduced-sodium black beans, rinsed and drained
- ½ cup finely chopped red onion
- ½ cup chopped fresh cilantro

1. Preheat oven to 450°F. Spread sweet potatoes in a 15×10-inch baking pan. Drizzle with 1 Tbsp. of the oil and sprinkle with ¼ tsp. of the salt, the cumin, crushed

red pepper, and ⅛ tsp. of the black pepper; toss to coat.

2. Roast in lower third of oven 20 to 25 minutes or until potatoes are tender, stirring once.

3. In a large bowl whisk together lime juice and remaining 2 Tbsp. oil, ¼ tsp. salt, and ⅛ tsp. black pepper. Add sweet potatoes, black beans, onion, and cilantro; toss gently to coat. Serve warm or at room temperature. **Makes**

4 servings (1 cup each).

TO MAKE AHEAD Salad can be made up to 1 day ahead. Store, covered, in the refrigerator.

PER SERVING 253 cal., 11 g fat (1 g sat. fat), 0 mg chol., 462 mg sodium, 34 g carb., 9 g fiber, 5 g sugars, 7 g pro.

Spice

Give your health a boost when you add these ingredients to main dishes and drinks. Spices and herbs such as turmeric, ginger, cinnamon, and more deserve a place in your kitchen. Each contains anti-inflammatory properties and is a surefire way to add big flavor and drama to dinnertime.



GINGER



CAYENNE



CLOVES





CINNAMON

SAFFRON

TAMARIND

TURMERIC

SPICE ADVICE

Toss out ground spices after they lose their aroma, usually 6 to 12 months after purchasing.



CLOVES

These dried buds contain the antioxidant eugenol, which has shown to reduce inflammation. Named for its nail-shape, cloves have a very strong, astringent flavor. And because cloves have the same floral-and-anise flavor notes as basil, a beloved tomato partner, they shine in a tomato soup. Or give the classic mint julep a spicy spin with Clove-Infused Vodka.

CLOVE-SCENTED TOMATO SOUP

HANDS ON 25 minutes

COOK 20 minutes

- 2 14.5-oz. cans diced tomatoes, undrained, or 4 cups chopped fresh tomatoes
- 2 cups low-sodium chicken broth
- ½ cup chopped onion
- 4 whole cloves
- 2 Tbsp. butter
- 2 Tbsp. all-purpose flour
- 1 tsp. sugar
- ½ tsp. salt
- Croutons, fresh thyme, and/or fresh cracked black pepper (optional)

1. In a large saucepan combine tomatoes, broth, and onion. Place cloves in a metal tea strainer and add to pan. Bring just to boiling; reduce heat. Simmer 20 minutes, stirring occasionally. Cool slightly.

Remove strainer and discard cloves.

2. Using an immersion blender, blend mixture until smooth. (Or, working in batches, transfer mixture to a blender or food processor. Cover and blend or process until smooth.) Strain through a fine-mesh sieve set over a large bowl; discard pulp.

3. In same saucepan melt butter over medium. Whisk in flour; cook 15 minutes or until medium brown, stirring frequently. Gradually add ½ cup of the tomato mixture, whisking to dissolve any lumps. Stir in remaining tomato mixture, sugar, and salt. If needed, heat through. If desired, top servings with croutons, thyme, and/or pepper. **Makes 4 servings** (1¼ cups each).

PER SERVING 123 cal., 6 g fat (4 g sat. fat), 15 mg chol., 780 mg sodium, 16 g carb., 4 g fiber, 8 g sugars, 3 g pro.



CLOVE JULEP

START TO FINISH 10 minutes

- 5 fresh mint sprigs
- 1 Tbsp. superfine sugar
- 6 Tbsp. Clove-Infused Vodka (3 oz.)
- Ice cubes

1. In a glass combine mint and sugar. Using a muddler or the back of a spoon, crush mint against side of

glass until mint is pulverized and sugar is dissolved. Stir in vodka and fill glass with ice. Serve with additional fresh mint. **Makes 1 serving.**

CLOVE-INFUSED VODKA In a pint jar with a lid combine 1½ cups vodka and 1 Tbsp. whole cloves. Cover and shake well. Store in a cool dry place, at least 5 days. Strain through a coffee

filter or cheesecloth-lined sieve to remove cloves; discard cloves. Store up to 1 year. (The clove favor will mellow and become smoother as the vodka sits.) **Makes 1½ cups** (12 oz.).

PER SERVING 240 cal., 0 g fat, 0 mg chol., 1 mg sodium, 12 g carb., 0 g fiber, 12 g sugars, 0 g pro.

GINGER PORK AND BROCCOLI STIR-FRY

START TO FINISH 40 minutes

- ¼ cup low-sodium chicken broth
- 3 Tbsp. rice vinegar
- 1 Tbsp. honey
- ½ tsp. salt
- ¼ tsp. crushed red pepper
- 3 Tbsp. olive oil
- 2 cups chopped red, orange, and/or yellow bell peppers
- 2 cups fresh broccoli florets
- ¼ cup finely chopped fresh ginger
- 4 cloves garlic, minced
- 12 oz. pork tenderloin, trimmed of fat and cut into 1-inch pieces
- 1 cup snow pea pods, trimmed and halved diagonally
- ¼ cup chopped fresh cilantro
- Hot cooked brown rice (optional)
- Thinly sliced fresh ginger

1. For sauce, in a small bowl combine broth, vinegar, honey, salt, and crushed red pepper.

2. In a wok or 12-inch skillet heat 2 Tbsp. of the oil over medium-high. Add bell peppers, broccoli, chopped ginger, and garlic. Cook and stir 3 to 4 minutes or until crisp-tender. Remove from wok.

3. Add remaining 1 Tbsp. oil to wok. Add meat. Cook and stir 2 to 3 minutes or until slightly pink in center. Stir in pea pods.

4. Push meat mixture from center of wok. Add sauce to center of wok. Boil gently 1 to 2 minutes or until slightly thickened. Return vegetables to wok. Cook and stir until heated through. Stir in cilantro. If desired, serve meat mixture with brown rice. Top with sliced ginger. **Makes 4 servings** (1¼ cups each).

PER SERVING 250 cal., 12 g fat (2 g sat. fat), 55 mg chol., 352 mg sodium, 15 g carb., 3 g fiber, 9 g sugars, 21 g pro.



GINGER

Research indicates ginger has anti-inflammatory properties and improves total cholesterol, lowers LDL (bad) levels, and increases good-for-you HDL levels. Store fresh ginger in the refrigerator, unpeeled, up to 3 weeks. To prepare, use the edge of a spoon or vegetable peeler to remove the thin skin, then chop and mince. Ginger adds a refreshing bite to many dishes and is perfect for teas. Its strong flavor also provides heat, making it a must in a stir-fry.

BERRY-GINGER GREEN TEA SIPPER

HANDS ON 10 minutes
CHILL 6 hours

- 4 cups cold water
- 4 green tea bags
- 1 1½-inch piece fresh ginger, thinly sliced
- 2 cups fresh raspberries
- ¼ cup lemon juice
- 2 to 3 Tbsp. agave syrup
- Ice cubes

1. In a small pitcher stir together the water, tea bags, and ginger. Cover and chill 6 to 24 hours. Remove and discard tea bags and ginger.

2. Place raspberries in a food processor or blender. Cover and process or blend until smooth. Press berries through a fine-mesh sieve; discard seeds. Stir

raspberry puree, lemon juice, and agave syrup into tea mixture. Serve in ice-filled glasses and, if desired, with lemon slices.

Makes 4 servings (1¼ cups each).

PER SERVING 50 cal., 0 g fat, 0 mg chol., 3 mg sodium, 12 g carb., 2 g fiber, 8 g sugars, 1 g pro.





SAFFRON

This precious herb is the handpicked dried red stigmas of the crocus flower. They have an expensive price tag, but just a few threads lend a golden hue and bold flavor. Saffron contains many compounds shown to have anti-inflammatory effects, and research shows supplementation may help reduce cognitive deficits in people with Alzheimer's disease. Keep unused saffron in an airtight container in a cool, dark place to prolong its freshness.

GRILLED SWORDFISH WITH CITRUS AND SAFFRON

HANDS ON 30 minutes

GRILL 8 minutes

- 4** 4- to 5-oz. fresh or frozen swordfish or tuna steaks, cut 1 inch thick
- 3** Tbsp. olive oil
- ½** cup thinly sliced green onions
- 1** clove garlic, minced
- ¼** tsp. saffron threads
- 2** oranges and/or red grapefruits
- 2** Tbsp. chopped fresh mint
- ½** tsp. salt
- ½** tsp. black pepper
- Lemon zest (optional)

1. Thaw fish, if frozen. In a small saucepan heat 2 Tbsp. of the oil over medium. Add green onions and garlic; cook and stir 1 to 2 minutes or until onions are softened and garlic is fragrant. Remove from heat. Crumble and stir saffron threads into oil mixture.

2. Working over a bowl to catch juices, peel and section oranges. Remove any seeds. Stir saffron oil, mint, ¼ tsp. of the salt, and ¼ tsp. of the pepper into reserved juices.

3. Lightly brush both sides of fish with remaining 1 Tbsp. oil and sprinkle with remaining ¼ tsp. salt and ¼ tsp. pepper. Grill, covered, over medium 8 to 12 minutes or until fish flakes easily, turning once. Gently stir fruit mixture and spoon over fish. If desired, sprinkle with lemon zest. **Makes 4 servings** (1 fish steak + ¼ cup fruit mixture each).

PER SERVING 281 cal., 16 g fat (3 g sat. fat), 72 mg chol., 387 mg sodium, 12 g carb., 3 g fiber, 7 g sugars, 24 g pro.



CITRUS-SAFFRON COOLER

HANDS ON 10 minutes

COOL 30 minutes

- 4** cups water
- ½** cup honey
- ½** tsp. saffron threads
- ¾** cup lemon juice
- ¾** cup orange juice
- Ice cubes
- Orange peel

1. In a medium saucepan combine 2 cups of the water and the honey. Bring just to boiling, stirring to dissolve honey. Remove from heat. Stir in saffron; cool 30 minutes.

2. In a pitcher stir together remaining 2 cups water, lemon and orange juices, and honey mixture.

If desired, strain mixture to remove saffron. Serve in ice-filled glasses with orange peel. **Makes 6 servings** (1 cup each).

PER SERVING 120 cal., 0 g fat, 0 mg chol., 7 mg sodium, 33 g carb., 2 g fiber, 29 g sugars, 1 g pro.

CINNAMON BLACKENED SALMON WITH LENTILS

HANDS ON 20 minutes

COOK 25 minutes

- 2 Tbsp. olive oil
- 1 cup chopped onion
- 2 cloves garlic, minced
- ½ tsp. ground cumin
- 1 cup lentils, rinsed and drained
- 1 tsp. salt
- 3 cups small broccoli florets
- 3 cups fresh baby spinach
- 1 tsp. chili powder
- ½ tsp. ground cinnamon
- ¼ tsp. paprika
- ¼ tsp. black pepper
- 4- to 5-oz. fresh skinless salmon fillets
- ½ cup chopped walnuts, toasted
- Lemon wedges

1. In a 10-inch skillet heat oil over medium. Add onion and garlic; cook 5 minutes, stirring occasionally. Add cumin; cook and stir 1 minute more. Stir in 2½ cups water, lentils, and ½ tsp. of the salt. Bring to boiling; reduce heat. Simmer, covered, 20 minutes. Stir in broccoli. Simmer, covered, 5 minutes more or until lentils are tender. Stir in spinach until wilted.

2. Meanwhile, preheat oven to 450°F. Line a baking sheet with foil. For rub, in a small bowl combine next four ingredients (through pepper) and remaining ½ tsp. salt. Sprinkle mixture over both sides of salmon; rub in with your fingers. Place on prepared baking sheet. Roast 12 to 15 minutes or until salmon flakes easily.

3. Divide lentil mixture among bowls. Top with salmon and sprinkle with walnuts. Serve with lemon wedges. **Makes**

4 servings (1 salmon fillet + 1 cup lentil mixture each).

PER SERVING 533 cal., 24 g fat (3 g sat. fat), 62 mg chol., 691 mg sodium, 44 g carb., 10 g fiber, 5 g sugars, 40 g pro.

CINNAMON

This warming spice has shown to reduce inflammation. One study found 1 teaspoon ground cinnamon per day resulted in lower serum levels of C-reactive protein (a marker of inflammation) and lower blood pressure. Include cinnamon in your favorite seasoning mixes and rub on salmon, pork, and more. Or try in this garden-fresh carrot juice recipe, where it adds subtle sweetness.

CINNAMON-SPICED CARROT JUICE

START TO FINISH 10 minutes

- 1 lb. organic carrots
- ½ of a medium cucumber, peeled, if desired
- 1 Tbsp. peeled and chopped fresh ginger
- 1 tsp. ground cinnamon

1. In a high-powered juicer carefully add carrots,

cucumber, and ginger. Juice vegetables into a pitcher. Whisk in cinnamon. Serve in glasses with, if desired, carrot peel garnish. **Makes 2 servings** (¾ cup each).

BLENDER DIRECTIONS Peel and chop carrots; peel, seed, and chop cucumber. Place all ingredients in a high-powered blender.

Cover and blend until nearly smooth. To serve, pour vegetable puree through a fine-mesh sieve into glasses.

PER SERVING 102 cal., 1 g fat (0 g sat. fat), 0 mg chol., 158 mg sodium, 24 g carb., 7 g fiber, 11 g sugars, 2 g pro.





TAMARIND

These tropical pods contain antioxidant-rich seeds and pulp. Traditional medicine has long used tamarind as a pain-reducer, and there's evidence of reduced inflammatory markers and protection against arthritis, heart disease, cancer, and diabetes. You can find tamarind as a paste or as concentrated blocks. Its sweet-sour flavor is key to many Southeast Asian dishes. Here, we use it to add refreshing flavor to agua fresca and to brighten up sweet-hot chicken wings.



TAMARIND- AND ORANGE-GLAZED WINGS

HANDS ON 20 minutes

BROIL 12 minutes

SLOW COOK 4 hours (low) or 2 hours (high)

- 16 chicken wings (3 lb.)
- 1 tsp. salt
- ½ tsp. black pepper
- 1 medium orange
- ⅓ cup tamarind paste
- ¼ cup red wine vinegar
- 3 Tbsp. packed brown sugar
- 4 cloves garlic, minced
- 1 Tbsp. Dijon mustard
- 1 Tbsp. Worcestershire sauce
- ½ tsp. crushed red pepper
- Sliced green onions

1. Preheat broiler. Cut off and discard chicken wing tips. Cut wings at joints to make 32 pieces. Place on unheated rack of a broiler pan. Sprinkle with salt and black pepper. Broil 4 to 5 inches from heat 12 to 15 minutes or until browned, turning once. Transfer to a 3½- or 4-qt. slow cooker.

2. For sauce, remove 1 tsp. zest and squeeze 2 Tbsp. juice from orange. In a small bowl combine orange zest and juice and next seven ingredients (through crushed red pepper). Pour over chicken.

3. Cover and cook on low 4 to 5 hours or high 2 to 2½ hours. Serve immediately or keep warm, covered, on warm or low up to 1 hour. Sprinkle with green onions.

Makes 16 servings (2 wings each).

PER SERVING 124 cal., 7 g fat (2 g sat. fat), 58 mg chol., 408 mg sodium, 6 g carb., 0 g fiber, 3 g sugars, 9 g pro.



TAMARIND AGUA FRESCA

START TO FINISH 10 minutes

- 6 cups water
- ⅓ cup sugar
- ⅓ cup tamarind pulp concentrate
- Ice cubes
- Lime slices
- Orange slices

1. In a pitcher combine the water, sugar, and tamarind concentrate, stirring to dissolve sugar. Serve in ice-filled glasses with lime and orange slices. **Makes 6 servings** (1 cup each).

PER SERVING 81 cal., 0 g fat, 0 mg chol., 148 mg sodium, 21 g carb., 0 g fiber, 16 g sugars, 0 g pro.



CAYENNE-SPICED STUFFED BELL PEPPERS

HANDS ON 25 minutes

BAKE 40 minutes at 375°F

- 3 desired-color bell peppers
- $\frac{3}{4}$ tsp. salt
- $\frac{3}{4}$ tsp. cayenne pepper
- 3 Tbsp. olive oil
- 8 oz. lean ground turkey
- $1\frac{3}{4}$ cups chopped zucchini
- 1 cup chopped celery
- $\frac{1}{2}$ cup chopped onion
- 2 cloves garlic, minced
- 1 cup cooked farro or brown rice
- $\frac{1}{2}$ tsp. dried thyme, crushed

1. Preheat oven to 375°F. Cut bell peppers in half lengthwise; remove seeds and membranes. Place, cut sides up, in a 3-qt. rectangular baking dish. Sprinkle with $\frac{1}{4}$ tsp. of the salt and $\frac{1}{4}$ tsp. of the cayenne pepper.

2. For filling, in a 12-inch skillet heat 1 Tbsp. of the oil over medium-high. Add ground turkey, zucchini, celery, onion, and garlic. Cook until turkey is browned and vegetables are tender. Remove from heat.

3. Stir in farro, thyme, and remaining $\frac{1}{2}$ tsp. salt and $\frac{1}{2}$ tsp. cayenne pepper. Mound filling into pepper halves. Spoon any extra filling around peppers. Drizzle with remaining 2 Tbsp. oil.

4. Bake, covered, 20 minutes. Bake, uncovered, 20 minutes more or until peppers are tender and filling is heated through. **Makes 6 servings** (1 stuffed pepper half each).

PER SERVING 209 cal., 11 g fat (2 g sat. fat), 28 mg chol., 343 mg sodium, 20 g carb., 4 g fiber, 6 g sugars, 10 g pro.

CAYENNE

This ground pepper contains capsaicin, known for its anti-inflammatory properties and the component that gives hot peppers their burning sensation. It might seem like an oxymoron, but capsaicin is an analgesic, which means it helps block pain signals. It is often used in topical ointments to make the hurt go away. When using this bright red spice, remember that a little goes a long way.



CAYENNE PEPPER MOCKTAIL

START TO FINISH 10 minutes

- Coarse kosher salt
- Dash cayenne pepper
- 1 medium lime, halved
- $\frac{1}{4}$ cup water
- 2 tsp. pure maple syrup
- 1 fresh basil leaf
- $\frac{1}{8}$ tsp. cayenne pepper
- Ice cubes

1. In a shallow dish combine salt and dash cayenne pepper. Rub a lime half around the rim of a rocks glass. Dip rim into salt mixture to coat.

2. Squeeze 2 Tbsp. juice from lime halves. In a cocktail shaker combine lime juice, the water, maple syrup, basil, and $\frac{1}{8}$ tsp. cayenne pepper. Add ice;

cover and shake until very cold. Strain liquid into prepared glass. Add additional ice and, if desired, serve with additional fresh basil.

Makes 1 serving.

PER SERVING 63 cal., 0 g fat, 0 mg chol., 567 mg sodium, 19 g carb., 2 g fiber, 10 g sugars, 1 g pro.

GOLDEN TURMERIC FISH

HANDS ON 20 minutes

BROIL 8 minutes

- 4 5- to 6-oz. fresh red snapper fillets
- 2 Tbsp. unrefined coconut oil
- 2 Tbsp. lime juice
- 1 Tbsp. grated fresh ginger
- 1 tsp. ground coriander
- ½ tsp. ground turmeric
- ⅛ tsp. cayenne pepper
- ½ tsp. salt
- ¼ tsp. fresh cracked black pepper
- ¼ cup mango chutney
- Chopped fresh cilantro
- Lime wedges

1. Preheat broiler. Pat fish dry. In a small bowl combine oil, lime juice, ginger, coriander, turmeric, and cayenne pepper. Sprinkle fish with salt and black pepper. Spread skinless sides of fish with oil mixture.

2. Place fish on greased unheated rack of a broiler pan. Broil 4 inches from heat 8 to 10 minutes or until fish flakes easily. Top with chutney and cilantro and serve with lime wedges. **Makes 4 servings** (1 fish fillet + 1 Tbsp. chutney each).

NOTE Coconut oil is solid at room temperature, just like shortening, and liquefies when warm. It doesn't matter whether it's solid or liquid when you stir it into the spices to make the rub.

PER SERVING 268 cal., 9 g fat (6 g sat. fat), 52 mg chol., 382 mg sodium, 16 g carb., 0 g fiber, 9 g sugars, 29 g pro.

TURMERIC

This golden-hued spice has a high level of an antioxidant compound called curcumin. Research suggests that turmeric has health-promoting and anti-inflammatory properties, such as improved muscle recovery in endurance athletes. It adds earthy and bitter notes. Try it as a rub for fish and chicken or infuse into hot teas. Store fresh turmeric in the refrigerator, unpeeled, up to 2 weeks. Turmeric's orange color will stain, so take precautions.



TURMERIC TEA

HANDS ON 10 minutes

STAND 5 minutes

- 1 1-inch piece fresh ginger, chopped
- 1 tsp. ground turmeric
- ¼ tsp. fennel seeds, crushed
- 4 cups boiling water
- 4 lemon slices
- 2 to 3 inches stick cinnamon, broken

1. In a heatproof pitcher or tea pot combine ginger, turmeric, and fennel seeds. Using a muddler or the back of a wooden spoon, crush ginger against side of pitcher. Add boiling water, lemon slices, and stick cinnamon. Cover and let steep 5 minutes.

2. Strain mixture into teacups or mugs. Serve warm and, if desired, with lemon wedges. **Makes 4 servings** (1 cup each). **PER SERVING** 2 cal., 0 g fat, 0 mg chol., 7 mg sodium, 0 g carb, 0 g fiber, 0 g sugars, 0 g pro.



SPICED NUTS

4 WAYS

Follow this formula for a heart-healthy take on spiced nuts that doesn't overdo it on the sugar or sodium but keeps them flavorful.



TROPICAL

Prepare as directed, using agave syrup for Sweetener, Jamaican jerk seasoning for Spice, and macadamias and pistachios for Nuts.

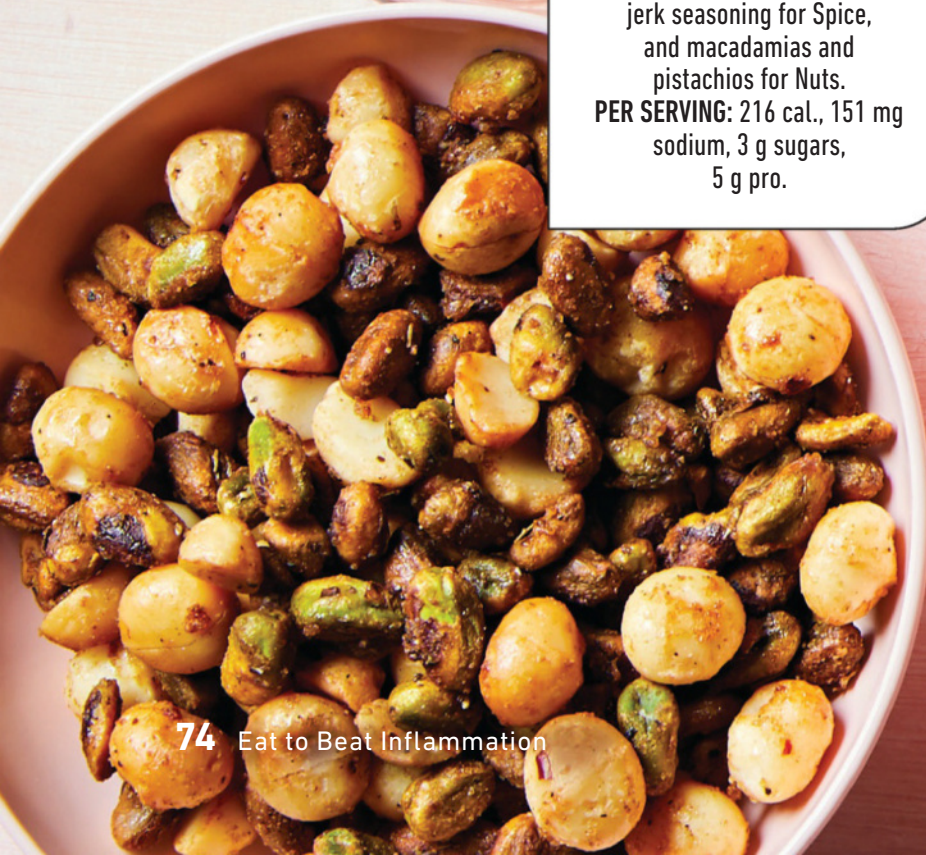
PER SERVING: 216 cal., 151 mg sodium, 3 g sugars, 5 g pro.



HOT HONEY

Prepare as directed, using hot honey for Sweetener, crushed red pepper for Spice, and walnuts and pecans for Nuts.

PER SERVING: 177 cal., 150 mg sodium, 2 g sugars, 3 g pro.



SPICED NUTS BASE RECIPE

HANDS ON 10 minutes

BAKE 25 minutes at 325°F

- Olive oil
- 1 egg white
- 1 Tbsp. water
- 1 Tbsp. Sweetener
- 1 to 1½ tsp. Spice
- ¾ tsp. salt
- ¼ tsp. black pepper
- 3 cups Nuts

1. Preheat oven to 325°F. Line a 13×9-inch baking pan with foil; lightly coat foil with oil. In a medium bowl whisk together egg white and the water until frothy. Whisk in Sweetener, Spice, salt, and pepper. Add Nuts; toss to coat.

2. Spread nut mixture in prepared pan. Bake 25 minutes or until golden and nuts appear dry, stirring once. Remove foil with nuts from pan; cool. **Makes 12 servings** (¼ cup each).

GOCHUGARU

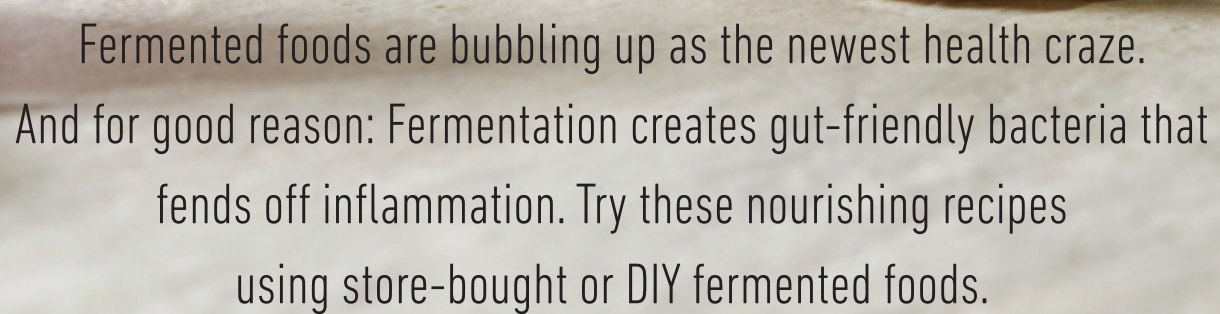
Prepare as directed, using honey for Sweetener, gochugaru (Korean hot red chile flakes) for Spice, and peanuts and cashews for Nuts.

PER SERVING: 205 cal., 155 mg sodium, 3 g sugars, 8 g pro.

MAPLE-CUMIN

Prepare as directed, using maple syrup for Sweetener, ground cumin for Spice, and walnuts and almonds for Nuts.

PER SERVING: 195 cal., 151 mg sodium, 2 g sugars, 6 g pro.





FERMENTING BASICS

Cultivating your own crop of good gut-friendly bacteria through fermenting is worth trying.

Fermentation is a type of food preservation. It depends upon naturally occurring “good” bacteria to convert natural sugars in foods into acids. This process creates a less-friendly environment for bad bacteria. Research shows that probiotics—such as the lactobacillus strain—from fermented foods help aid digestion and boost immune health. In addition, studies show that fermentation increases the vitamin content and digestibility of those foods. Start by eating small amounts of fermented foods so your digestive tract can get used to these new little friends.

SELECTING AND CLEANING PRODUCE ARE IMPORTANT.

Select only unblemished foods for fermenting. Bruises and cuts can breach the natural antimicrobial barriers of fruits and vegetables. Look for firm but ripe fruits and vegetables. Soft or overripe produce may contain undesirable yeasts and/or molds. Thoroughly rinse all produce that is to be used for fermentation. Most microbial pathogens are found on the surfaces of fruits and vegetables. When applicable, peel and/or trim produce before washing to reduce the risk of surface contamination.

USE ADDITIVE-FREE SALT, SUCH AS PICKLING SALT OR NATURAL FINE SEA SALT. ADDITIVES SUCH AS POTASSIUM, IODINE, AND ANTI-CAKING AGENTS CAN IMPEDE THE FERMENTATION PROCESS.

Use Only Tested Recipes

FROM A RELIABLE SOURCE (SUCH AS THE UNITED STATES DEPARTMENT OF AGRICULTURE [USDA] OR THIS PUBLICATION). DO NOT ALTER THE VINEGAR, SALT, FOOD, OR WATER PROPORTIONS IN YOUR RECIPE.

COVER THE FERMENTATION CONTAINER WITH A CLEAN TOWEL OR CLOTH THAT KEEPS DUST AND PARTICLES OUT BUT ALLOWS AIR INTO THE CROCK. DON'T USE PLASTIC WRAP OR ANY OTHER AIRTIGHT COVER; THIS WILL DISRUPT THE FERMENTING PROCESS.

A TEMPERATURE RANGE of 70°F to 75°F is ideal for fermentation to occur within the recipes' recommended timings. At 60°F to 65°F, fermentation will take considerably longer. Avoid fermenting foods at temperatures higher than 75°F due to the risk of spoilage. After fermenting the food at room temperature for the recommended times, store it in the refrigerator to halt the process.

FOOD MUST REMAIN FULLY SUBMERGED (AT LEAST 1 TO 2 INCHES) UNDER THE BRINE WHILE FERMENTING. IF YOU DON'T OWN FERMENTING WEIGHTS THAT FIT INSIDE YOUR CONTAINER, USE A DINNER PLATE OR GLASS PIE PLATE WEIGHTED DOWN TO KEEP FOOD SUBMERGED.



MISO PASTE

Miso paste is a Japanese condiment made from fermented mashed soybeans. Varieties range in color from light to dark. Darker colors have a richer flavor. Find it in the refrigerated section of supermarkets.

KALE GRAIN BOWL WITH MISO DRESSING AND GRILLED TUNA

START TO FINISH 30 minutes

- 1½ cups water
- ¾ cup plain or tricolor quinoa, rinsed and drained
- 1 tsp. salt
- 1 cup frozen edamame
- ¼ cup lemon juice
- 1 tsp. orange zest
- ¼ cup clementine or orange juice
- 3 Tbsp. vegetable oil
- 1 Tbsp. white miso paste
- 2 cloves garlic, minced
- ¼ tsp. black pepper
- 4 4-oz. fresh tuna steaks
- 5 cups chopped, stemmed kale

- 1½ cups thinly sliced cucumber
- 3 small oranges, peeled and sliced
- Toasted sesame seeds (optional)

1. In a small saucepan combine the water, quinoa, and ½ tsp. of the salt. Bring to boiling; reduce heat. Simmer, covered, 15 minutes or until liquid is absorbed. Stir in edamame and let stand 10 minutes.

2. Meanwhile, for dressing, in a small bowl whisk together lemon juice, orange zest, clementine juice, oil, miso paste, garlic, pepper, and remaining ½ tsp. salt.

3. Place tuna in a shallow dish. Drizzle with 2 Tbsp. of the dressing, turning to coat. Grease grill rack. Grill tuna, covered, over medium 6 to 8 minutes or until slightly pink in center, turning once.

4. Place kale in a large bowl. Add 1 Tbsp. of the remaining dressing. Using clean hands or tongs, massage kale 1 minute.

5. Divide quinoa mixture among bowls. Top with kale and cucumber and orange slices. Flake or slice each tuna steak and evenly add to bowls. Drizzle with remaining dressing and, if desired, sprinkle with sesame seeds. **Makes 4 servings** (1 tuna steak + 2 cups quinoa mixture each).

PER SERVING 456 cal., 15 g fat (1 g sat. fat), 44 mg chol., 216 mg sodium, 45 g carb., 10 g fiber, 13 g sugars, 39 g pro.

KIMCHI

What Is Kimchi?

THIS SPICY FERMENTED CABBAGE MIX IS A KOREAN CONDIMENT. SERVE IT ALONGSIDE RICE, NOODLES, EGGS, OR VEGETABLES.

QUICK KIMCHI

START TO FINISH 20 minutes

- 3 cups packaged shredded cabbage with carrot (coleslaw mix)
- 2 tsp. salt
- 1 cup coarsely shredded radishes
- 6 Tbsp. sliced green onions
- 2 Tbsp. rice vinegar
- 1 Tbsp. gochujang (Korean hot pepper paste)
- 1 tsp. sugar
- 1 tsp. fish sauce
- 1 clove garlic, minced
- ½ tsp. grated fresh ginger

1. In a large bowl toss coleslaw mix with salt; let stand 10 minutes. Place in a colander; rinse with cold water, pressing out excess water. Return to bowl.

2. Add remaining ingredients; toss to coat. Store in refrigerator up to 3 days.

Makes 10 servings (¼ cup each).

PER SERVING 15 cal., 0 g fat, 0 mg chol., 97 mg sodium, 4 g carb., 0 g fiber, 1 g sugars, 1 g pro.

KIMCHI GRAIN BOWL

START TO FINISH 55 minutes

- 2 cups reduced-sodium chicken broth
- 1 cup uncooked brown rice
- 1 cup frozen peas
- 1 Tbsp. toasted sesame oil
- 1 Tbsp. rice vinegar
- 1 tsp. sriracha sauce
- 1 Tbsp. olive oil
- 8 oz. fresh cremini mushrooms, quartered
- 1 cup bias-sliced carrots
- 1 cup bias-sliced celery
- 2 cups Quick Kimchi (*left*) or store-bought kimchi
- 4 fried eggs
- Sliced green onion (optional)
- Cracked black pepper (optional)

1. In a medium saucepan combine broth and rice. Bring to boiling; reduce heat. Simmer, covered, 40 to 45 minutes or until tender. Remove from heat. Stir in peas, sesame oil, vinegar, and sriracha sauce. Let stand, covered, 5 minutes.

2. Meanwhile, in a 12-inch skillet heat olive oil over medium. Add mushrooms, carrots, and celery. Cook 6 to 8 minutes or until vegetables are tender, stirring occasionally.

3. Divide rice mixture among bowls. Top with vegetables, Quick Kimchi, and fried eggs. Drizzle with additional sriracha sauce and, if desired, sprinkle with green onion and black pepper. **Makes 4 servings** (2 cups each).

PER SERVING 368 cal., 10 g fat (2 g sat. fat), 186 mg chol., 659 mg sodium, 55 g carb., 6 g fiber, 8 g sugars, 16 g pro.



NOT TOO HOT

Top off dishes with fermented foods right before serving. Heating up fermented foods can kill off the good bacteria.



KOMBUCHA

KOMBUCHA

HANDS ON 20 minutes

COOL 1 hour

STAND 1 week to ferment

- 14 cups water
- 1 cup sugar
- 8 black tea bags
- 2 cups purchased plain kombucha, such as GT's Enlightened Kombucha
- 1 recipe SCOBY*

1. Bring 4 cups of the water to boiling. In an extra-large heatproof glass bowl or pitcher combine the boiling water and sugar, stirring to dissolve sugar. Add tea bags. Let stand 1 hour or until cool. Remove and discard tea bags. Add remaining 10 cups water and kombucha. Transfer to a clean 1-gal. jar. Add the SCOBY. Cover jar with paper towels and secure with a rubber band. Let stand in a dark place where temperature is between 70°F and 75°F for 1 week.

2. Remove SCOBY with clean hands and store (see To Store SCOBY, right). If desired, reserve enough kombucha (2 cups) to make another batch of kombucha. If desired, strain remaining kombucha through a sieve lined with 100-percent-cotton cheesecloth. Transfer to clean bottles with swing-top seals, leaving a 2-inch headspace. Seal bottles. To carbonate, let stand in a dark place where temperature is between 70°F and 72°F for 2 to 3 days. Store in refrigerator up to 1 month. **Makes 16 servings** (8 oz. each).

***TO MAKE SCOBY** Bring 4 cups water to boiling. In a large heatproof glass bowl or

pitcher combine the boiling water and ½ cup sugar, stirring to dissolve sugar. Add 4 black tea bags; let stand 1 hour. Remove and discard tea bags. Stir in 3 cups water. Transfer to a clean 2- to 3-qt. jar. Stir in 1 cup purchased plain kombucha. Cover jar with paper towels and secure with a rubber band. Let stand in a dark place where the temperature is between 70°F and 75°F for 3 weeks. Remove SCOBY with clean hands; discard liquid. You can also purchase a SCOBY online (use a reliable source, such as Fermentaholics brand).

GINGER KOMBUCHA Prepare as directed through removing SCOBY in Step 2. Add 1 oz. fresh ginger, peeled and thinly sliced, to the jar. Cover and chill 1 to 2 weeks. Remove and discard ginger. Continue with Step 2.

ORANGE KOMBUCHA Prepare as directed through removing SCOBY in Step 2. Add 1 orange, peeled and thinly sliced, to the jar. Cover and chill 1 to 2 days. Remove and discard orange slices. Continue with Step 2.

NOTE Kombucha is not meant to treat or cure any medical conditions. Consult a doctor before use if you are pregnant, nursing, or have any health conditions or concerns.

PER SERVING 53 cal., 0 g fat, 0 mg chol., 10 mg sodium, 14 g carb., 0 fiber, 13 g sugars, 0 g pro.



KOMBUCHA 101

The first rule of making kombucha—embrace the SCOBY (Symbiotic Culture Of Bacteria and Yeast). The SCOBY starts as a residue on the surface of sweetened green or black tea. It gets thicker, growing to fill the diameter of the jar, all the while working its (good) bacterial magic as it ferments.

→ **COVER SCOBY** Cover the fermented mixture with clean cheesecloth or a paper towel to keep out dust, dirt, pests, and anything else that might disrupt fermentation.

→ **TO STORE SCOBY** Place SCOBY in a clean jar in enough homemade or purchased kombucha to cover. Cover jar and store in the refrigerator up to 1 month.

→ **LOOK CLOSELY** Fermenting involves a delicate balance of organisms. If your kombucha or SCOBY looks moldy (furry) or has an off smell, discard the mixture and start over.

BERRY KOMBUCHA SALAD >

START TO FINISH 15 minutes

- 3 cups fresh raspberries
- ½ cup Kombucha (left) or purchased plain kombucha
- ⅓ cup olive oil
- 1 Tbsp. agave syrup
- ½ tsp. kosher salt
- ¼ tsp. black pepper
- 8 cups torn mixed salad greens
- ½ cup toasted walnuts, chopped

1. For dressing, place 1 cup raspberries in a food processor or blender. Cover and process or blend until smooth. Press mixture through a fine-mesh sieve; discard seeds. In a small bowl whisk together raspberry puree, Kombucha, oil, agave syrup, salt, and pepper.

2. Drizzle ⅓ cup of the dressing* over salad greens. Top salads with remaining 2 cups raspberries and the walnuts. **Makes 4 servings** (2 cups each).

***TIP** Store remaining dressing in refrigerator up to 3 days.

PER SERVING 304 cal., 28 g fat (3 g sat. fat), 0 mg chol., 157 mg sodium, 13 g carb., 5 g fiber, 7 g sugars, 4 g pro.



YOGURT

DIY YOGURT

HANDS ON 30 minutes

SLOW COOK 20 minutes (high)

STAND 4 hours

CHILL 4 hours

- ½ gal. low-fat (1%) milk*
- ½ cup nonfat dry milk powder*
- ¼ cup plain unsweetened yogurt containing active yogurt cultures, room temperature

1. In a 4-qt. saucepan whisk together milk and dry milk powder. Heat over medium until a thermometer registers 180°F to 185°F, stirring frequently. Remove from heat. Cool at room temperature until thermometer registers 110°F to 113°F, stirring thoroughly before checking temperature. (Or cool more quickly by placing the saucepan in ice water for a few minutes.)

2. In a small bowl stir together 1 cup of the cooled milk mixture and the yogurt until smooth. While stirring constantly, slowly pour milk-yogurt mixture into

remaining milk mixture in saucepan. Ladle into clean pint canning jars, leaving a 1-inch headspace. Wipe jar rims; adjust lids and screw bands.

3. Place filled jars in a 6-qt. slow cooker. Pour enough lukewarm water (about 108°F) into cooker to reach just over halfway up sides of jars. Cover cooker and cook on high 5 minutes. Turn off cooker, wrap with a thick towel, and let stand 4 hours or until yogurt is thick, turning on cooker and cooking on high 5 minutes every hour.

4. Remove jars from cooker. Chill 4 hours or until yogurt is set. Store in refrigerator up to 2 weeks. If desired, reserve some of the yogurt for making an additional batch. **Makes 16 servings** (½ cup each).

***NOTE** When using low-fat milk, the yogurt can be a little thin. The addition of nonfat dry milk powder adds protein and helps make a thicker product. You can also use whole milk for a thicker, creamier yogurt.

PER SERVING 61 cal., 1 g fat (1 g sat. fat), 7 mg chol., 68 mg sodium, 7 g carb., 0 g fiber, 8 g sugars, 5 g pro.

Good-for-You Yogurt

PURCHASED FLAVORED

YOGURTS CONTAIN A

SNEAKY AMOUNT OF

ADDED SUGARS. ENJOY

GOOD-FOR-YOUR-GUT

PROBIOTICS WITHOUT THE

INFLAMMATORY SUGAR

WHEN YOU MAKE YOUR

OWN YOGURT.

ROASTED SQUASH WITH > YOGURT-HERB SAUCE

HANDS ON 15 minutes

ROAST 25 minutes at 425°F

- 2** 1- to 1¼-lb. acorn squash, halved lengthwise, seeded, and cut crosswise into 1-inch wedges
- 3** Tbsp. olive oil
- 1** tsp. ground coriander
- ¾** tsp. salt
- ½** tsp. black pepper
- 1½** cups loosely packed fresh cilantro
- 3** cloves garlic, halved
- ¾** cup DIY Yogurt (*left*) or plain Greek yogurt
- ¼** cup toasted pumpkin seeds (pepitas)

1. Preheat oven to 425°F. Line a 15×10-inch baking pan with foil. In a large bowl toss squash with 1 Tbsp. of the oil, the coriander, ½ tsp. of the salt, and ¼ tsp. of the pepper. Spread in prepared pan. Roast 25 minutes or until tender and brown, turning once.

2. Meanwhile, for sauce, in a food processor or blender combine cilantro, garlic, and remaining 2 Tbsp. oil, ¼ tsp. salt, and ¼ tsp. pepper. Cover and process or blend until finely chopped. Stir cilantro mixture into DIY Yogurt. Sprinkle squash with pumpkin seeds and serve with sauce. If desired, sprinkle with additional cilantro. **Makes 6 servings** (5 pieces squash + 2½ Tbsp. sauce each). **PER SERVING** 171 cal., 10 g fat (2 g sat. fat), 3 mg chol., 335 mg sodium, 18 g carb., 3 g fiber, 1 g sugars, 6 g pro.



GREEK YOGURT

Prepare and chill as directed

through Step 4. Line a strainer with two layers of 100-percent-cotton cheesecloth and set strainer over a bowl. Drain yogurt through strainer. Continue to drain until yogurt reaches desired consistency. You can use the whey liquid in the bowl in smoothies, baking, or whatever you like.

FLAVORED YOGURT

Prepare as directed, except in

Step 2, stir 1 Tbsp. vanilla or coffee extract into cooled milk mixture before adding the yogurt.

PER SERVING Same as DIY Yogurt, except 64 cal., 8 g carb.



FRUITED YOGURT

Prepare as directed, except in Step

4, stir 2 Tbsp. mashed ripe fruit such as blueberries, raspberries, peaches, or mango into each jar before chilling.

PER SERVING Same as DIY Yogurt, except 64 cal., 8 g carb.



SAUERKRAUT

HOMEMADE SAUERKRAUT

HANDS ON 45 minutes

STAND 2 hours + 3 to 4 weeks to ferment

- 3 to 4 lb. green or red cabbage
- 1½ Tbsp. pickling salt
- 1 Tbsp. sugar
- 4 cups water
- 4 tsp. pickling salt

1. Remove outer leaves from cabbage. Quarter cabbage heads lengthwise; remove cores. Using a mandoline, food processor, or large chef's knife, finely shred cabbage; measure 2½ lb. cabbage.

2. Place the 2½ lb. shredded cabbage in a large ceramic crock, glass container, or plastic food container that holds at least 1 gal. Add the 1½ Tbsp. pickling salt and the sugar; toss to combine. Let stand 10 minutes. Using a clean plate that fits just inside the container onto cabbage, press plate down. Let stand at room temperature 2 to 24 hours, tossing cabbage and pressing plate down on cabbage every hour until enough liquid is released to cover cabbage by at least 1 inch. (If needed, add enough brine to cover in a ratio of 1 cup water to 1 tsp. pickling salt.)

3. Place a large resealable plastic bag filled with the 4 cups water plus the 4 tsp. pickling salt over plate to weight it down. Cover container with a clean kitchen towel or loose-fitting lid. To ferment, let stand out of direct sunlight where temperature is between 70°F and 75°F for 3 to 4 weeks or between 60°F and 65°F for 5 to 6 weeks.

4. Every 2 or 3 days, replace towel with a clean towel, skim off any white residue that forms on surface of cabbage, and clean and replace plate. If any discolored cabbage appears at the top, remove and discard it. If the liquid level becomes too low, add enough brine to cover in a ratio of 1 cup water to 1 tsp. pickling salt.

5. Transfer undrained sauerkraut to clean jars or airtight containers; seal and label. Store in refrigerator up to 2 months.

Makes 40 servings (¼ cup each).

APPLE-CARAWAY SAUERKRAUT Prepare as directed, except add 1 large or 2 small Granny Smith apples, peeled and shredded or finely chopped, and 1 Tbsp. caraway seeds to the cabbage with the 1½ Tbsp. pickling salt in Step 2.

PER SERVING 8 cal., 0 g fat, 0 g chol., 419 mg sodium, 2 g carb., 1 g fiber, 1 g sugars, 0 g pro.

GERMAN-STYLE ROASTED POTATOES >

HANDS ON 10 minutes

ROAST 25 minutes at 425°F

- 1½ lb. whole tiny new yellow or red potatoes, halved or quartered
- 2 Tbsp. olive oil
- 1 Tbsp. cumin seeds, coarsely crushed
- ½ tsp. salt
- ¼ tsp. black pepper
- 1 to 1½ cups Homemade Sauerkraut (left) or store-bought sauerkraut
- ½ cup chopped fresh parsley

1. Preheat oven to 425°F. Line a 15×10-inch baking pan with foil. Place potatoes in a large bowl. Drizzle with oil and sprinkle with cumin seeds, salt, and pepper; toss to coat. Spread in prepared pan.

2. Roast 25 minutes or until brown and tender, stirring once. Transfer potatoes to a bowl. Top with Homemade Sauerkraut and parsley. **Makes 6 servings** (¾ cup each).

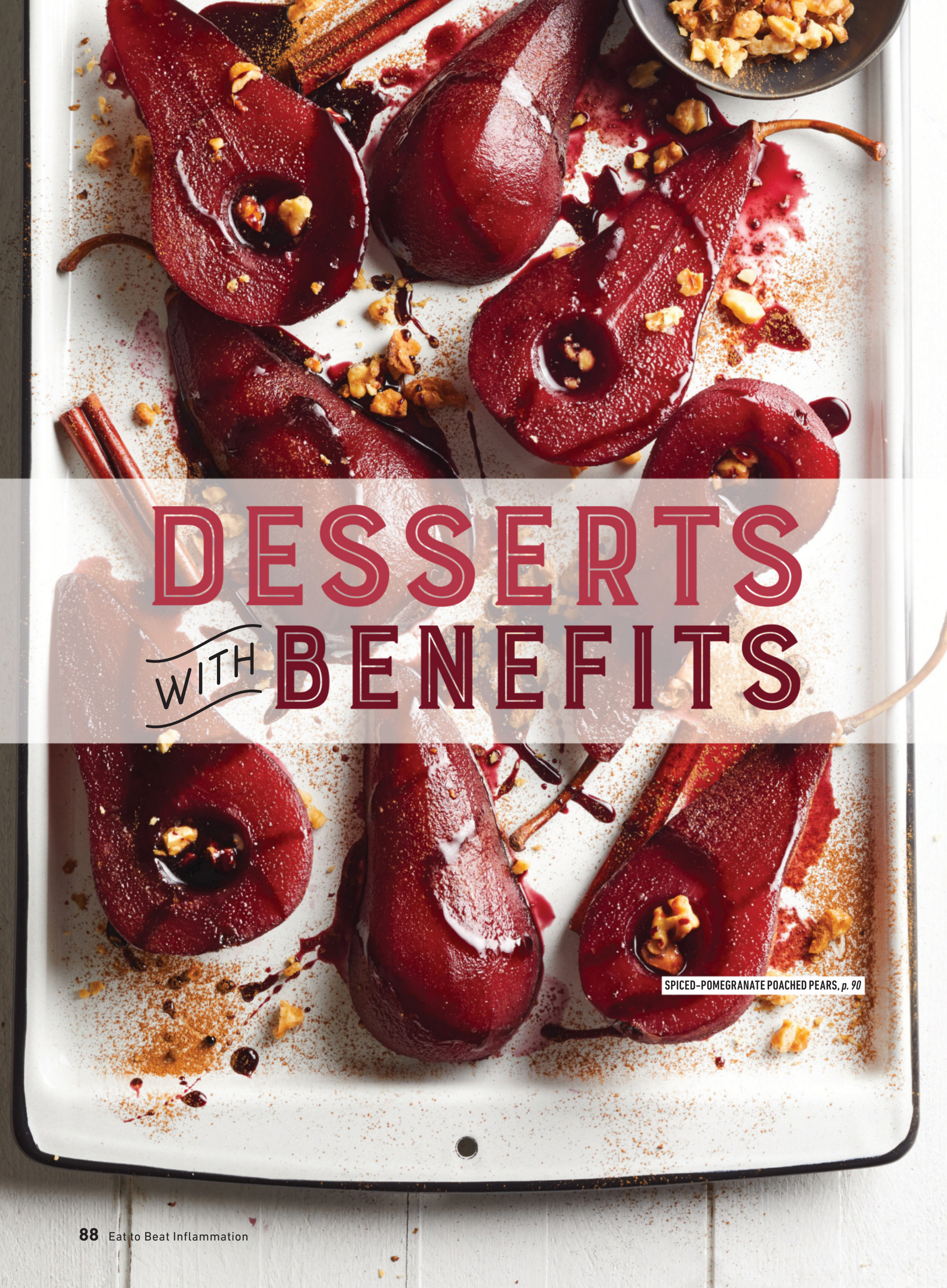
PER SERVING 132 cal., 5 g fat (1 g sat. fat), 0 mg chol., 465 mg sodium, 21 g carb., 3 g fiber, 2 g sugars, 2 g pro.



Sauerkraut Troubleshooting

DID A WHITE FILM OR RESIDUE APPEAR ON THE SURFACE OF YOUR SAUERKRAUT WHILE IT WAS FERMENTING? WHAT YOU'RE SEEING ARE WILD YEASTS THAT TEND TO FORM AT THE HIGHER END OF THE FERMENTING TEMPERATURE RANGE—AND THEY ARE COMPLETELY SAFE. SKIM OFF WHAT YOU CAN AND CONTINUE WITH THE RECIPE AS DIRECTED. HOWEVER, IF FURRY, COLORFUL MOLD APPEARS ON THE SURFACE OR IF YOU DETECT AN UNPLEASANT ODOR, THROW OUT THE FOOD AND START OVER.



A top-down view of a white rectangular platter featuring several poached pears. Some pears are whole, while others are sliced open to reveal a dark, syrupy filling studded with small pieces of nuts. The pears are garnished with a dusting of brown powder, likely cinnamon, and drizzled with a dark liquid. A small black bowl containing more nut pieces is visible in the top right corner. The entire dish is set against a light-colored wooden background.

DESSERTS

WITH BENEFITS

SPICED-POMEGRANATE POACHED PEARS, *p. 90*



FULL SERVING OF FRUIT

You need at least two servings of fruit each day, and this sweet dessert gets you halfway there. We maxed out the nutrition with three different fruits: Jazz apples, red grapes, and cherries. If you can't find fresh cherries, use frozen, which break down into a delicious cinnamon-spiced sauce.

Sweet treats aren't off the menu. Each of these desserts contains an added benefit: a full serving of fruit, healthy fats, rich in protein, or high in fiber. Go ahead and indulge!



CINNAMON-ROASTED APPLES, CHERRIES, AND GRAPES, p. 95



< **BERRY-MINT GRANITA**

HANDS ON 20 minutes

STAND 20 minutes

CHILL 45 minutes

FREEZE 8 hours 30 minutes

- 1 lemon
- 1½ cups water
- ¾ cup sugar
- 3 fresh mint sprigs
- 2 cups fresh blueberries
- 2 cups fresh raspberries

1. Using a vegetable peeler, remove zest from lemon. Squeeze 2 tsp. juice from lemon. For syrup, in a small saucepan combine lemon zest, the water, sugar, and mint. Cook and stir over medium until sugar is dissolved. Cover and let stand 15 minutes. Transfer syrup to a medium bowl. Cover and chill 45 minutes. Remove and discard lemon zest and mint.

2. In a food processor combine blueberries and raspberries. Cover and process until smooth. Press berries through a fine-mesh sieve over bowl of syrup. Stir in reserved lemon juice. Pour mixture into a 13×9-inch baking pan.

3. Cover and freeze 1½ to 2 hours or until slushy around edges of pan. Using a metal spoon, scrape ice crystals off bottom and sides and stir into mixture. Freeze 3 hours more or until all the mixture is slushy, stirring every 30 minutes. Cover and freeze, without stirring, at least 4 hours or until firm.

4. To serve, let granita stand at room temperature 5 to 10 minutes. Using a fork, scrape across surface of granita. Spoon into chilled dessert dishes and if desired, serve with additional fresh berries.

Makes 8 servings (½ cup each).

PER SERVING 110 cal., 0 g fat, 0 mg chol., 2 mg sodium, 28 g carb., 3 g fiber, 24 g sugars, 1 g pro.

SPICED-POMEGRANATE POACHED PEARS

Pictured on page 88.

START TO FINISH 40 minutes

- 1 cup dry red wine
- ½ cup pomegranate juice
- 1 Tbsp. sugar
- 2 inches stick cinnamon
- 2 whole allspice
- Dash salt
- 2 8-oz. firm, ripe pears, peeled, halved lengthwise, and cored
- ½ tsp. vanilla
- ¼ cup chopped walnuts, toasted
- Ground cinnamon (optional)

1. In a large saucepan combine first six ingredients (through salt). Bring to boiling over medium. Add pear halves; reduce heat. Simmer, covered, 12 to 17 minutes or just until tender,* turning pears three or four times. Remove from heat. Stir in vanilla. Remove pears, reserving cooking liquid. Cover pears and keep warm.

2. For syrup, remove and discard stick cinnamon and allspice. Return cooking liquid to boiling; reduce heat. Boil gently, uncovered, 5 minutes or until liquid is reduced to about 2 Tbsp.

3. To serve, drizzle pears with syrup and sprinkle with walnuts, and, if desired, ground cinnamon. **Makes 4 servings**** (1 pear half each).

***TIP** To test pears for doneness, insert a toothpick into thickest part of a pear half. The toothpick should pierce easily, but the pear should still be slightly firm.

****TIP** To serve 8, double the ingredients and use a 5- to 6-qt. Dutch oven instead of a large saucepan.

PER SERVING 193 cal., 5 g fat (0 g sat. fat), 0 mg chol., 55 mg sodium, 27 g carb., 4 g fiber, 19 g sugars, 2 g pro.

BLOOD ORANGES WITH > ALMOND SYRUP

HANDS ON 20 minutes

STAND 10 minutes

- 3** blood oranges
- 1** Cara Cara orange
- ¾** cup quartered fresh strawberries
- 1** Tbsp. honey
- 1** Tbsp. Amaretto (optional)
- ¼** tsp. almond extract
- 2** Tbsp. sliced almonds, toasted

1. Trim oranges and cut away peel and white part of the rind. Thinly slice oranges.

2. In a small bowl combine strawberries, honey, Amaretto (if desired), and almond extract. Let stand 10 minutes.

3. Arrange oranges on a platter. Top with strawberry mixture and almonds. **Makes 4 servings** (¾ cup oranges + ¼ cup topper each).

PER SERVING 104 cal., 2 g fat (0 g sat. fat), 0 mg chol., 1 mg sodium, 22 g carb., 4 g fiber, 18 g sugars, 2 g pro.





< MANGO-PEACH CRISP

HANDS ON 10 minutes

BAKE 35 minutes at 375°F

- 2 mangoes, seeded, peeled, and sliced
- 2 fresh peaches or nectarines, pitted and coarsely chopped
- 2 Tbsp. pure maple syrup or honey
- ½ tsp. ground allspice
- ½ cup granola

1. Preheat oven to 375°F. In a medium bowl combine mangoes, peaches, maple syrup, and allspice; toss gently to coat. Divide among four 10-oz. custard cups or ramekins.

2. Place dishes in a shallow baking pan. Bake 30 to 35 minutes. Sprinkle with granola and bake 5 to 10 minutes more or until fruit is tender and mixture is bubbly. Cool slightly.

3. If desired, drizzle with additional maple syrup. Serve warm. **Makes 4 servings** (1¼ cups each).

PER SERVING 192 cal., 4 g fat (1 g sat. fat), 0 mg chol., 6 mg sodium, 38 g carb., 4 g fiber, 29 g sugars, 4 g pro.

CHILE-SPICED ROASTED > STONE FRUIT

HANDS ON 10 minutes

ROAST 25 minutes at 375°F

- 2 lb. stone fruit, such as peaches, nectarines, plums, and/or apricots, halved and pitted
- 2 Tbsp. melted butter or vegetable oil
- 1 Tbsp. lime juice
- 3 to 4 tsp. ground ancho chile pepper or chili powder
- Sea salt flakes

1. Preheat oven to 375°F. Place fruit (except apricots), cut sides up, in a shallow baking pan. Drizzle with melted butter and lime juice and sprinkle with ground ancho pepper.

2. Roast 25 to 30 minutes or until tender, basting occasionally with pan juices.* If using apricots, add the last 12 to 15 minutes of roasting. Sprinkle servings with salt flakes. **Makes 8 servings** (2 fruit halves each).

***TIP** If you like, remove the fruit peels after roasting.

PER SERVING 76 cal., 3 g fat (2 g sat. fat), 8 mg chol., 96 mg sodium, 12 g carb., 2 g fiber, 10 g sugars, 1 g pro.



Added Sugars

MANY PEOPLE KNOW THAT GRANULATED (OR WHITE) SUGAR, BROWN SUGAR, AND CORN SYRUPS COUNT AS ADDED SUGARS. BUT TOO OFTEN, HONEY AND MAPLE SYRUP GET A HEALTH HALO. HOWEVER, THEY DO COUNT AS ADDED SUGARS. HONEY AND MAPLE SYRUP MAY CONTAIN SMALL DOSES OF ANTIOXIDANT ACTIVITY, BUT YOU'D HAVE TO EAT AN UNHEALTHY AMOUNT OF THESE INGREDIENTS TO GET ANY BENEFICIAL IMPACT. IT'S NOT THAT YOU CAN NEVER HAVE ADDED SUGARS, BUT TREAT THESE SWEETS AS A TREAT.



< CRANBERRY PANNA COTTA

HANDS ON 30 minutes

CHILL 4 hours

Nonstick cooking spray

- 1 vanilla bean, split lengthwise
- ½ cup fat-free half-and-half
- 1½ tsp. unflavored gelatin
- 1 cup plain fat-free Greek yogurt
- ½ cup fat-free milk
- 3 Tbsp. sugar
- 2 Tbsp. water
- ⅛ tsp. salt
- ¾ cup fresh or frozen cranberries, coarsely chopped
- ⅓ cup 100% apple juice
- 2 to 3 Tbsp. sugar
- 2 Tbsp. salted, roasted pistachio nuts, chopped

1. Coat four 8-oz. ramekins with cooking spray and place in a shallow baking pan or on a tray. Scrape seeds from vanilla bean. In a medium saucepan combine vanilla bean seeds and pod and half-and-half. Sprinkle with gelatin (do not stir); let stand 5 minutes.

2. Cook and stir over medium-low until gelatin is dissolved. Whisk in next five ingredients (through salt). Remove from heat. Remove and discard vanilla bean pod. Pour mixture into prepared ramekins. Cover and chill 4 hours or until firm.

3. Meanwhile, for cranberry sauce, in a small saucepan combine cranberries, apple juice, and 2 to 3 Tbsp. sugar. Bring to boiling; reduce heat to medium. Cook, uncovered, 5 to 8 minutes or until slightly thickened, stirring occasionally; cool.

4. Unmold panna cotta onto a platter or dessert plates.* Top with cranberry sauce and pistachios. **Makes 4 servings** (1 panna cotta + topping each).

***TIP** To unmold panna cotta, loosen edges from the sides of each ramekin with a sharp knife. Dip bottom of the ramekin into warm water 5 to 10 seconds, then invert onto a platter or dessert plate and remove the ramekin.

PER SERVING 175 cal., 3 g fat (1 g sat. fat), 5 mg chol., 156 mg sodium, 29 g carb., 2 g fiber, 24 g sugars, 10 g pro.

RICH IN PROTEIN

Made with Greek yogurt and topped with pistachios, this dessert packs in 10 grams of protein—about 20 percent of the daily recommendation. Other types of nuts and seeds—walnuts, pecans, pepitas—work well too.

GRILLED PINEAPPLE SUNDAES >

HANDS ON 15 minutes

GRILL 6 minutes

- 1 fresh pineapple, peeled, cored, and cut into 6 slices
- 1 Tbsp. olive oil
- 3 tsp. za'atar seasoning
- 2 cups vanilla low-fat frozen Greek yogurt
- ½ cup chopped toasted almonds
- 2 Tbsp. honey

1. Brush both sides of pineapple slices with oil and sprinkle with 2 tsp. of the za'atar. Grill, covered, over medium 6 to 8 minutes or until charred and slightly softened, turning once. Cool slightly.

2. Divide pineapple, frozen yogurt, and almonds among dessert dishes. Sprinkle with remaining 1 tsp. za'atar and drizzle with honey. **Makes 6 servings** (1 slice pineapple + ½ cup frozen yogurt each).

PER SERVING 250 cal., 10 g fat (2 g sat. fat), 17 mg chol., 102 mg sodium, 35 g carb., 3 g fiber, 29 g sugars, 7 g pro.

CINNAMON-ROASTED APPLES, CHERRIES, AND GRAPES

Pictured on page 89.

HANDS ON 20 minutes

ROAST 25 minutes at 375°F

- 3 medium red cooking apples, cored and cut into 1-inch wedges
- 2 cups frozen unsweetened pitted dark sweet cherries
- 1 cup seedless red grapes
- 2 Tbsp. light butter with canola oil, melted
- 2 tsp. lemon juice
- 2 tsp. honey
- ½ tsp. ground cinnamon
- ¾ cup no-sugar-added vanilla ice cream
- Chopped pecans (optional)
- Fresh mint (optional)

1. Preheat oven to 375°F. In a 3-qt. rectangular baking dish combine apples, cherries, and grapes. In a small bowl combine melted butter, lemon juice, honey, and cinnamon. Drizzle mixture over fruit; toss to coat. Roast 25 minutes or until apples are tender, gently stirring once.

2. Serve roasted fruit with ice cream and, if desired, top with pecans and mint.

Makes 6 servings (¾ cup each).

PER SERVING 145 cal., 3 g fat (1 g sat. fat), 11 mg chol., 46 mg sodium, 30 g carb., 4 g fiber, 23 g sugars, 2 g pro.

HEALTHY FATS

You can easily swap out butter for heart-healthy olive oil in desserts. The herbaceous notes of olive oil play nicely with earthy za'atar and sweet-tart pineapple.



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RECIPE GUIDE

See how we calculate nutrition information to help you count calories, carbohydrate grams, and serving sizes.

HIGH-STANDARDS TESTING

Every recipe in this issue of *Eat to Beat Inflammation*™ has been tested in the Better Homes & Gardens® Test Kitchen. This means each recipe is practical, reliable, and meets our high standards of taste appeal.

INSIDE OUR RECIPES

Precise serving sizes (listed below the recipe) help you manage portions.

Test Kitchen tips are listed after the recipe directions.

Kitchen basics such as ice, salt, black pepper, oil, and nonstick cooking spray sometimes are not listed in the ingredients list; they are italicized in the directions.

TEST KITCHEN TIP HANDLING HOT CHILE PEPPERS

Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them. If your bare hands do touch the peppers, wash your hands and nails with soap and warm water.

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did you know?

cal. = calories

sat. fat = saturated fat

chol. = cholesterol

carb. = carbohydrate

pro. = protein

NUTRITION INFO

Nutrition facts per serving are noted with each recipe.

Ingredients listed as optional are not included in the per-serving nutrition analysis.

When ingredient choices appear, we use the first one to calculate the nutrition analysis.

Gluten free

When you see this symbol **GF** next to the recipe title, the recipe is designed to be prepared with gluten-free ingredients and may be suitable for people who live with celiac disease. Check the ingredients lists on foods you use in these recipes to ensure they do not contain gluten.

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